

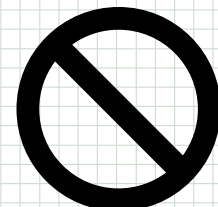


# Anti-Bullying Week

19th November 2021



## Anti-Bullying Week



HIGHLANDS SCHOOL

This week our student leaders delivered assemblies to all year groups to promote anti-bullying week. The students explained the role we all need to play to ensure bullying is not tolerated in our community.

The content of this special feature newsletter outlines the key messages shared with our students, helping to raise awareness of how to tackle bullying and sexism in schools.

The definition of bullying from the Highlands Anti-Bullying Policy of 2021 states that:

There is no legal definition of bullying but it is usually defined as repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

The nature of bullying can be:

- physical - such as hitting or physically intimidating someone, or using inappropriate or unwanted physical contact towards someone
- attacking property – such as damaging, stealing or hiding someone's possessions
- verbal – such as name calling, spreading rumours about someone, using derogatory or offensive language or threatening someone
- psychological – such as deliberately excluding or ignoring people
- cyber – such as using text, email or other social media to write or say hurtful things about someone

### What is bullying?



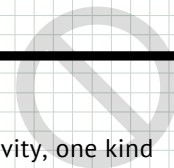
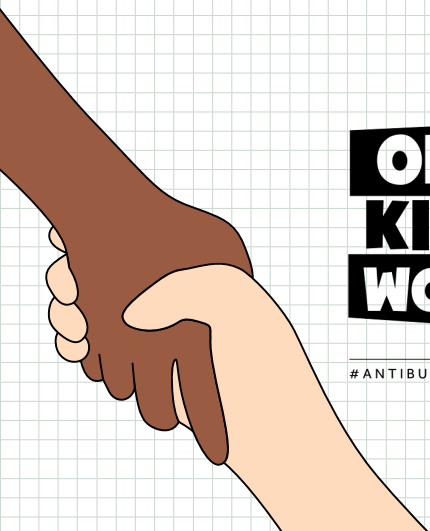
#ANTIBULLYINGWEEK

“

Ask if someone's OK. Say you're sorry. Just say hey.

In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity. It starts with one kind word. It starts today.



# How do we stand against bullying?

- The student council has been working hard with the senior leadership team to develop an updated anti-bullying policy. This was approved by the governors last Thursday.
- Everyone in the school community has a responsibility to stand up to bullying and report it.
- All students have a responsibility to report bullying. The school's behaviour policy encourages students to be allies to those who experience bullying. Students must not be bystanders to bullying behaviour.
- If a student is being bullied they are encouraged not to retaliate but to tell their parents or carers and a member of staff.



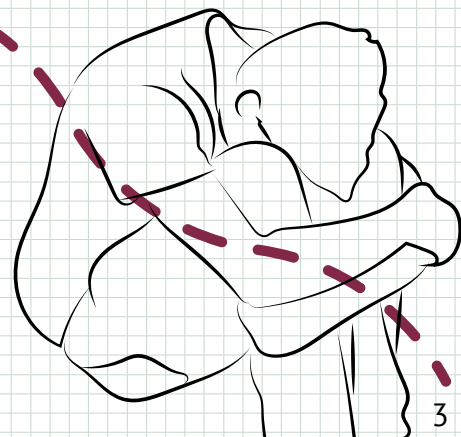
# Who can we turn to for support?



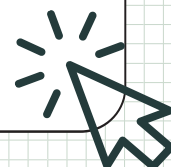
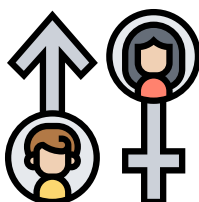
- The executive safeguarding team (As seen on posters around the building).
- Email [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk). This email account is monitored by the designated safeguarding lead.
- Students can call ChildLine to speak to someone in confidence on 0800 1111.



- If students have experienced or witnessed bullying, students must report this to any member of staff.
- Students have a dedicated pastoral team which includes a form tutor, a behaviour mentor and a head of year.



## Sexism in schools



- Sexism in school could be a type of prejudice based bullying - behaviour that is motivated by prejudice or negative attitudes, beliefs or views towards a particular group. This is a type of peer on peer abuse.
- Sexism in school stems from rape culture which unfortunately has become very normalised in our society.
- Rape culture is not specifically about the act of rape but it is about how societal attitudes, actions and structures condone and normalise sexual violence.
- This culture includes misogyny, slut shaming, lad culture, rape jokes, victim blaming and silencing victims.



Attitudes and actions that inflate rape culture

A RAPE CULTURE EXISTS WHEN SEXUAL VIOLENCE IS CONDONED AND NORMALISED THROUGH SOCIETAL ATTITUDES, ACTIONS AND STRUCTURES

VICTIM BLAMING

41% of men aged 18–24 say a woman is totally or partly to blame for her sexual assault if she goes out late at night, wears a short skirt and gets drunk (The Fawcett Society)

SLUT SHAMING

E.g. a practice called 'slut-dropping' where male students drive round and offer female students who "look like sluts" a lift home then leave them miles from their destinations

LAD CULTURE

Includes misogynistic banter, objectification of women and pressure/competition around sex

ATTITUDES & ACTIONS

everyday actions and seemingly insignificant attitudes - each acting as a small seed that together creates a rape culture

JOKES

Trivialising gender violence by jokes such as Jimmy Carr's "What do nine out of 10 people enjoy? Gang rape."

FALSE RAPE MYTHS

People are quick to claim that women are 'crying rape' when they speak up. Despite the fact that a man is more likely to be raped himself than falsely accused of rape. (Fact Check - Channel 4)

CONSENT

I didn't report "because I didn't know if he was doing anything technically wrong, even though I asked him to stop over and over again" (Revolt Sexual Assault)

OBJECTIFICATION OF WOMEN

Rating women's bodies and comparing them

SILENCING VICTIMS

"My college pretended like it didn't happen" (Revolt Sexual Assault)

BOLD VOICES

Credit: Bold Voices short guide [here](#)



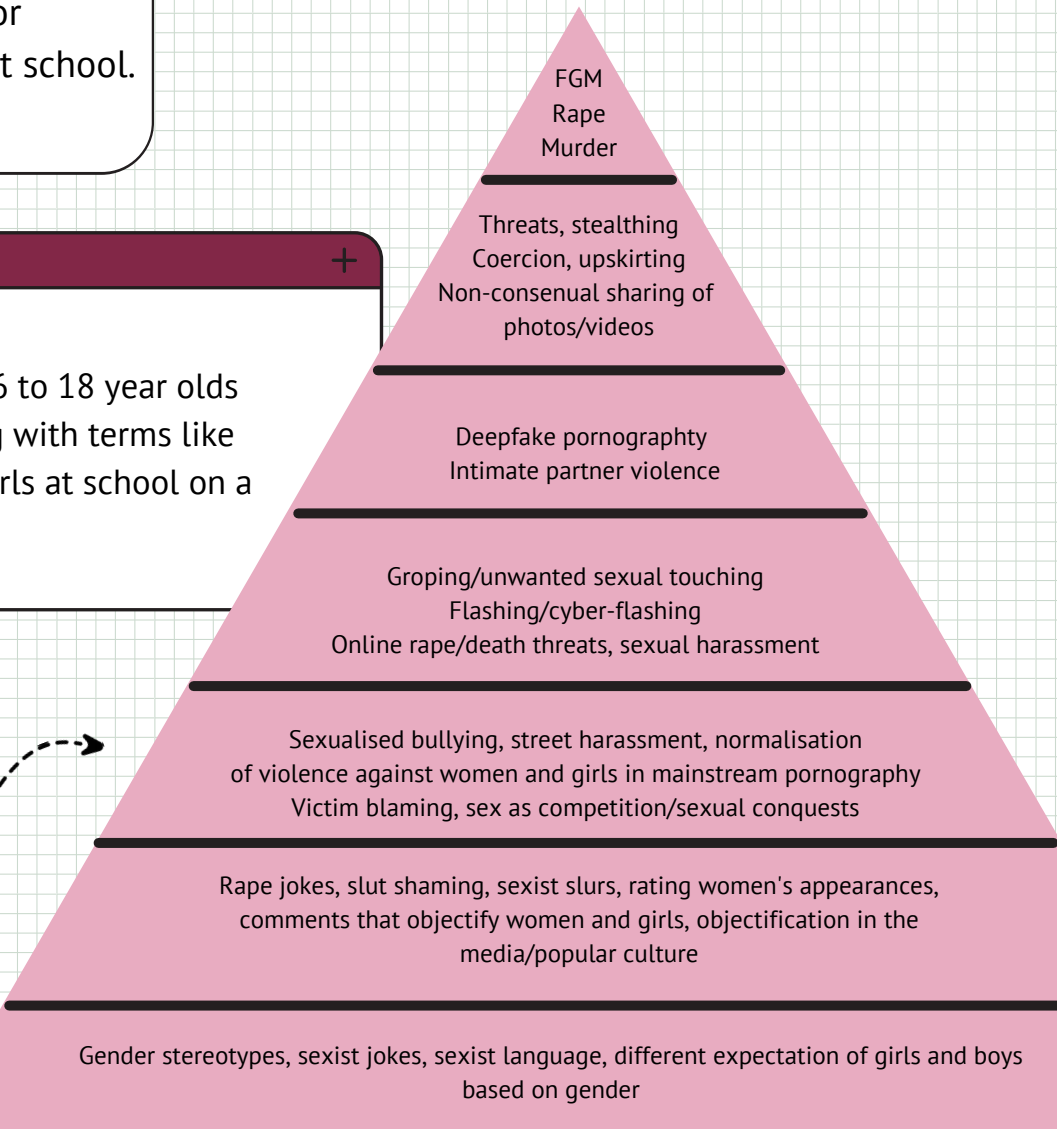
# The data

30% of female students in mixed-sex schools have personally been described using language they felt was sexist, compared to 18% boys.

Over 58% of female students in mixed sex schools have experienced or witnessed sexual harassment at school.

Data has shown that 71% of all 16 to 18 year olds say they hear sexual name-calling with terms like slut or slag being used towards girls at school on a daily basis.

How small behaviours feed into bigger problems



# How is our school community dealing with sexism?

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- All and any offenses of sexism or sexual harassment are valid and part of the Highlands Policy is that any reports will be investigated and taken seriously.
  - Upcoming Fundraisers - The student council will be working with Love Your Doorstep to support a charity for victims of domestic violence.
  - Everyone's Invited - is a new organization, it is a safe place to share your experience.
  - All staff have recently had safeguarding training to highlight the issue of sexism and sexist language.
  - Students have been encouraged to share ideas for how we could further develop what the school is doing in this area. Students can contact the sixth form girl group leadership team by emailing them or speaking with them face to face in school.
  - If students wish to report an experience of bullying or sexual harassment they should report this to a member of staff.

## Sixth form girl group leadership

**Zara Creer**

**Melusine Faverjon-Jenkins**

**Mia Benbow**

**Ellie James**