

WEY VALLEY ACADEMY

Anti - Bullying Week - 16th -
20th November 2020

UNITED AGAINST BULLYING

Equality Act 2010

The Equality Act of 2010 protects against discrimination on the grounds of the following:

- ▶ Age
- ▶ Disability
- ▶ Gender
- ▶ Sexual Orientation
- ▶ Marital Status
- ▶ Race
- ▶ Religion

What is Bullying?

The Diana Trust defines bullying as:



‘Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.’

What is Bullying?

There are three types of bullying:

- ▶ **V** The repeated negative use of speech, sign language or VERBAL gestures to intentionally hurt others.
- ▶ **I** The repeated negative use of actions which are neither physical or verbal to INTENTIONALLY hurt others. (Indirect - spreading rumours, leaving someone out.)
- ▶ **P** The repeated negative use of body contact to intentionally hurt others.

V.I.P.

▶ V VERBAL

▶ I INDIRECT

▶ P PHYSICAL

Anti - Bullying - The Diana Trust

Bystander 'v' Upstander



A bystander is someone who knows about bullying or other forms of violence that is happening to someone else, but takes no action to address or report it.

An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up and do their best to help protect and support the person.

Famous Upstanders



Nelson Mandela
The voice of thousands black Africans in South Africa to abolish apartheid.



Malala Yousafzai
Campaigned for equality for girls to receive education in her home country of Pakistan



Princess Diana
She showed compassion for sick children and spoke up for groups such as the Red Cross and AIDS foundation.

How can we be Upstanders and stop bullying?

- ✓ Stop the bullying before it starts! Always treat other people with respect, even when you disagree with them. Be careful about what you say, and what you send.
- ✓ No one has the right to make you feel bad, or to hurt you physically or emotionally. If you are being bullied, you don't have to put up with it. Speak out or take action.
- ✓ Being bullied is not the same as falling out or having an argument with friends. We all fall out with our mates from time to time but even when someone has upset you, remember you always have a choice about what you say to them, or about them.
- ✓ Don't be a part of bullying behaviour. If you see it happening to anyone, a friend or someone you don't even know, don't stand and watch - go and get help, and help to stop it.
- ✓ Bullies always have a choice. They decide whether to bully someone or even watch someone being bullied. If you find yourself bullying someone, ask for help from someone you trust.

How can we be Upstanders and stop bullying?

- ✓ If you are being bullied, tell someone what's happening as soon as possible. Talk things through at home, with a friend or a teacher - and make sure they know that you want it to stop!
- ✓ Do not respond or retaliate. If someone is bullying you, stay calm and get yourself out of the situation wherever possible. If you try to fight back, you might make the situation worse or even get into trouble yourself.
- ✓ If you feel that you are being bullied, keep any evidence. Don't delete unkind texts, messages or emails - keep a copy of everything, including pictures, video, web addresses and conversations, even if they are really embarrassing.
- ✓ Remember, if you are being bullied, it's not your fault. Bullying is always wrong and you do not have to put up with it.
- ✓ Reverse the trend! Why not say 10 kind things or send 10 nice messages to your friends this week.