



Anti-bullying Week



All Different

All Equal

#ANTIBULLYINGWEEK
13th – 17th November

The graphic features a central purple rectangular area containing several speech bubbles. The top row has a light blue bubble on the left, a yellow bubble with the text 'All Different' in the center, and a light blue bubble on the right. The middle row has an orange bubble on the left, a white bubble with the text 'All Equal' in the center, and an orange bubble on the right. The bottom row has a light blue bubble on the left, a white bubble with the text '#ANTIBULLYINGWEEK' and '13th – 17th November' in the center, and a light blue bubble on the right. A thin white horizontal line is positioned above the bottom row of text.



Bullying: The facts

According to the Annual Bullying Survey 2017:

- **1 in 2 people have experienced bullying, and 1 in 10 would have been bullied within the past week.**
- **36% of those who have been bullied said it made them feel depressed and 1 in 4 turned to self-harm as a coping mechanism.**
- **Young people who have a learning or physical disability or who identify as LGBT+ are some of the most likely to be bullied.**
- **Race and religion were also linked to rates of bullying.**
- **At least 20% of people experience bullying once a week, and 27% once a month**
- **37% of people have never told anybody**



What counts as bullying?

Bullying is where, over time, someone deliberately and repeatedly takes negative action towards someone else. This could include actions such as:

- excluding somebody from a group;
- physically attacking somebody;
- saying something nasty to somebody;
- taking or damaging somebody's things;
- starting a rumour about somebody;
- cyber-bullying .



What counts as cyber-bullying?

- Nasty comments on profiles/photos
- Sending a hurtful private message
- Having your profile wrongfully reported
- Being bullied in an online game
- Personal information unwillingly shared
- Online impersonation
- Rumours shared online



What impact can bullying have?

Some people may:

- Develop social anxiety
- Develop depression
- Have suicidal thoughts
- Self-harm
- Skip lessons/school
- Develop anti-social behaviour
- Develop an eating disorder
- Run away from home
- Abuse drugs and/or alcohol



What can you do?

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and others you know safe from bullying.



What can you do?

Treat Everyone with Respect

Nobody should be mean to others.

- **Stop and think before you say or do something that could hurt someone.**
- **If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.**
- **Talk to an adult you trust. They can help you find ways to be nicer to others.**
- **Keep in mind that everyone is different. Not better or worse. Just different.**
- **If you think you have bullied someone in the past, apologise. Everyone feels better.**



What can you do?

What to Do If You're Bullied

There are things you can do if you are being bullied:

- Look at the person bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you. It could catch the person bullying you off guard.
- If speaking up seems too hard or not safe, walk away and stay away. Don't fight back. Find an adult to stop the bullying on the spot.

There are things you can do to stay safe in the future, too.

- Talk to an adult you trust. Don't keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.

What can you do?

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from others. Even people that seem like friends could give your password away or use it in ways you don't want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you're doing online and who you're doing it with. Let them friend or follow you. Listen to what they have to say about what is and isn't okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.



What can you do?

Stand Up for Others

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the person being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Not saying anything could make it worse for everyone. The person who is bullying will think it is ok to keep treating others that way.



What can you do?

Get Involved

You can be a leader in preventing bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults don't know all of what happens. Your friends can go with you to talk to a teacher, staff member or parent and can add what they think.
- Talk to the Head Teacher about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for other/younger students.





All Different

All Equal

#ANTIBULLYINGWEEK

**I support
Anti-Bullying Week
2017 and celebrate
what makes us
#AllDifferentAllEqual
13th-17th November
2017**