

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

ANTI-BULLYING WEEK 2019 11th -15th November

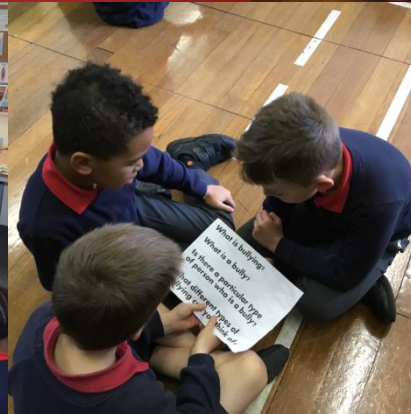
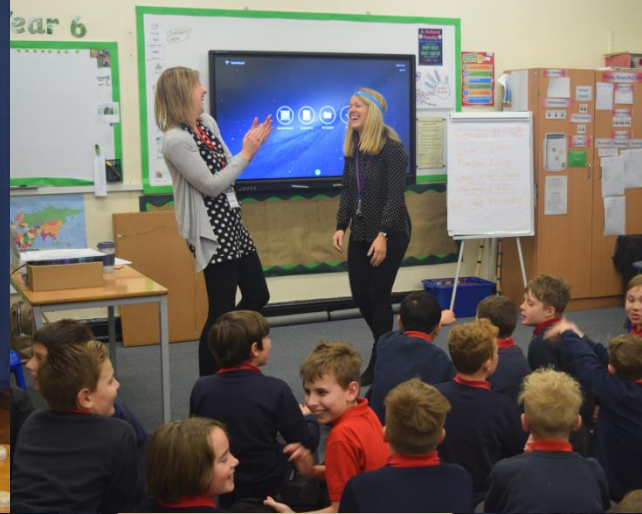


Change starts here.

Change starts now.

Change starts with us.

Kindness Week 2019



CHANGE
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#ANTIBULLYINGWEEK

What is bullying?

The ABA (Anti-Bullying Alliance) defines bullying as:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

Bullying can be physical, verbal or psychological.

It can happen face-to-face or online.

Repetitive

Hurtful

Intentional

**Power
imbalance**

What is bullying?

Bullying is when words, gestures or actions are used **REPEATEDLY** to deliberately hurt others.

As a school, we use '**STOP**' when we think about bullying: **S**everal **T**imes **O**n **P**urpose.





At Christ Church C of E Primary School, we do not tolerate bullying. As a caring school family, we work together to **STOP** bullying and create a safe, happy and respectful environment.

At Christ Church, we expect everyone to show kindness, respect and forgiveness to each other.

We want everyone in our school to feel confident to be themselves with individuality and difference not only respected but celebrated.

What should you do if you feel you're being bullied?

IF YOU'RE BEING BULLIED



**Tell
someone
you trust**



**Keep a
record of
what's
happening**



**Don't
retaliate**



**Surround
yourself
with people
that make
you feel
good**



**Don't blame
yourself – it
is NOT your
fault**



**Be proud
of who
you are**

**[Anti-Bullying
Alliance]**

It is up to us to be the change
and make our community
(both online and face-to-face)
a good place!



Be the change you want to see...

"How are you feeling?"

"Would you like to join in?"

"Are you OK?"

"I thought you did really well!"

"You can sit with me!"

"Nice try!"

"Did you have a nice break time?"

Who is responsible for making sure these things are said?

"Can I help you?"



Can you find people being be the change we want to see in the world?





Change starts with....



KINDNESS



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Change starts now.

Change starts with us.