



Anti-Bullying Week 2019

PRIMARY SCHOOL PACK



Anti-Bullying Week 2019: Change Starts With Us - pri...



Watch later



Share



<https://youtu.be/fG8FhwiYTBO>

Are you a young person who's suffering at the hands of bullies? Or maybe you're witnessing others being bullied? Either way there are ways around it. Here's our anti-bullying tips for you.

- It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – **it is not your fault if you get bullied.** We are all different in some way and that's what makes us amazing.

- If you feel you can, talk to a teacher you trust or your parents, brother or sister. If you don't want to do that **you can always call Childline 0800 11 11** or visit www.childline.org.uk.

☐ Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails or posts.

It can be tempting if you are being bullied to retaliate – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea– you might end up being seen as the trouble maker or get yourself even more hurt.

Think about other ways you can respond to bullying. For example, practice saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher.

Only hang out with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend and not worth your time.

Be kind to yourself, and do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.

Remember to be kind to other people! Just because someone is different to you and your friends – that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.



We're wearing **Odd Socks
for **Anti-Bullying Week**. Will you?**

Odd Socks Day - Tuesday 12th November
#OddSocks #AntiBullyingWeek

Odd Socks Day 

Thursday 14th November

Why wear odd socks?

Most importantly, Odd Socks Day is designed to be fun! It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique!

Jobs for you to do in class

- Decorate a paper sock any way you like but include the words Change starts with me
- Make your paper socks into bunting and take a photograph for the school web site
- Take a photograph of all of you wearing odd socks





<https://youtu.be/zBrPy3ZXGzk>

Let us pray

Thank you God for making us all unique.

Help us to remember that change needs to start with us and that little things can make a big difference.

Give us courage to report a bully and be a friend to those who aren't feeling happy.

Amen

Thanks for listening to our assembly.....

And remember change starts with YOU so go and make it happen.

