

ANTI-BULLYING WEEK 2023

MAKE A
NOISE

ABOUT
BULLYING

 ANTI-BULLYING
ALLIANCE



"Be yourself, be anything, we are the future."

Mutual Respect

Respect

Believe

Enjoy

Pride

Share

Even though the behaviour at TGMS is excellent, we still have to deal with incidents of bullying.

Last year, we had **43** reported incidents of bullying. Of the 43 incidents, **11** met the criteria and threshold for bullying. The other incidents were **conflicts** between pupils.

We want to be a school with zero bullying; a school where all pupils are safe, feel welcome and have **Mutual Respect** for everyone.

That is why Anti-Bullying Week is so important.

Anti-Bullying Week 2023
Make A Noise About Bullying

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.



Together, we can make a difference and take a stand against bullying.

Of course, we won't like everyone, and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.





<https://youtu.be/VkU2xYJKQq4>



WHAT IS BULLYING?

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 (e.g. encouraging people to exclude someone from activities).

It can happen face-to-face or online.

Mr Isaacs's Top Tip: In my experience, most bullies have either been bullied themselves or are going through something scary or sad in their lives at the time.

That is another reason why it's so important to speak to someone and get help when something is bothering you.

HOW IS CONFLICT DIFFERENT TO BULLYING?

“

Conflict is a disagreement or argument in which both sides express their views.

You can have repeated conflicts where people can intentionally cause harm, but there is unlikely to be an imbalance of power.

At TGMS, we deal with conflict very seriously as we don't want it to turn into bullying. We'll explain this later.”

WHAT IS BANTER?

The playful and friendly exchange of teasing remarks.

IT'S NOT BANTER IF...

1. You would be upset if someone said it to you
2. It's hurtful
3. You're not friends
4. Someone's asked you to stop
5. The target isn't laughing
6. It focuses on someone's insecurities

If you are not sure, don't do it. A child saying, "I just thought it was a joke." **isn't an acceptable excuse.**



"Be yourself, be anything, we are the future."

Respect

Believe

Enjoy

Pride

Share

The TGMS 4-step Advice for Anti-Bullying

1. Don't be a bully – be kind and follow the rules. **Remember**, you are more likely to become a bully yourself if you are sad or scared about something. Seek help from a trusted adult or Well-being Mentor.
2. Tell an adult when the bullying or conflict is happening
3. **If that doesn't work:** tell your teacher (Time To Talk privately)
4. **If that doesn't work:** tell one of the Headteachers (Mrs Campbell, Miss Billingham or Mr Isaacs)



Respect



Believe



Enjoy



Pride



Share

Hate Crimes

For adults, bullying someone because of their gender, gender identity, sexuality, religious beliefs, race (e.g. skin colour) or because they have a disability, could be a hate crime and against the law.



Age



Sex



Disability



Ethnicity



Gender
Reassignment



Religion /
Belief



Sexual
Orientation



Marriage / Civil
Partnership



Pregnancy /
Maternity