



Anti-bullying week

13th November 2025



Welcome to SAS crew special Anti-bullying assembly.

What is anti bullying?

Please raise your hand if you know?

What is
bullying?

Anti-Bullying Week

Make a Noise about Bullying

Bullying is:

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



Stop bullying ruining lives.

'Make a Noise' during anti-bullying week!

What is bullying?
Has anyone here
been bullied?

Anti-Bullying Week

What is Bullying?

Bullying can mean many different things to different people. These actions can be described as bullying if they happen often and are done on purpose.



Being called names or teased.



Being threatened or intimidated.



Being hit, kicked or physically hurt.



Being ignored and left out.



Having rumours spread about you.



Having money and other possessions taken or messed about with.



Being pushed or pulled about.



Being put down or humiliated.



These things can happen at school or at home, but they can also happen online and on social networks. If you are being bullied, or someone you know is telling you that they are being bullied, always tell someone. A grown-up will be able to help.

- Why might someone bully someone else?



Causes of bullying

- A bully maybe very unhappy with themselves, they may have things going on at home.
- A bully may choose a quiet person to pick on so they might not speak up and tell anyone.
- Someone may be bullied because of disability, race and religion.
- A bully may be jealous of the person they are bullying.

What is Cyber Bullying?

Anti-Bullying Week

What is Cyber Bullying?

Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power. There are lots of different ways that someone can experience bullying through the internet or mobile phones. Some of them are really subtle, so it might be difficult to realise what is happening.



Text Messages

Sending abusive, nasty or threatening text messages to someone is a type of bullying. This could include sharing those texts with other people who might join in the bullying.

Sexting

Sexting is when someone takes a sexually explicit picture or video of themselves and then sends it to someone else. Sometimes people who are trying to bully someone may ask for these kinds of images so they can send them on to other people.

Email

Sending abusive emails is a type of bullying. Sometimes those emails might be shared with other people who could join in the bullying. Sending computer viruses or hurtful videos and pictures by email is also online bullying.

Instant Messaging (IM) and Chat Rooms

Sometimes people might get nasty messages when they are using instant messaging or chat rooms. Sending those types of messages using someone else's account without their permission is also online bullying.

Online Gaming

Being abusive towards someone or harassing them on an online multi-player gaming site is also a kind of online bullying.

Abusing Personal Information

Sometimes people involved in bullying might post someone else's photos or personal information without that person's permission. This could include pretending to be someone else and writing fake comments or blogs.

Social Networking Sites

Social networks can be used in lots of different ways to bully someone. There are a number of different social media platforms like Facebook, Twitter, Tumblr, Instagram and many more. Children shouldn't have access to these sites as they are age-restricted, but many children do have profiles, sometimes without their parents being aware.

How to deal with cyber bullying.

Anti-Bullying Week

How to Deal with Cyber Bullying on Your Phone

"Someone is bullying me through my mobile phone. What can I do?"

Try and remember these tips:

Don't reply to any nasty messages you receive.

Keep the messages you have been sent so you can show someone.

Don't answer any calls from a withheld number, or from a number you don't know.

If it gets really bad, you could change your number.

If you change your number, only give out your number to close friends.

If the problem is serious, tell the police.

Don't keep it to yourself or try to deal with it alone.

Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.



Mobile phone operators can't stop or block a particular number from contacting another phone, but you can do this on some types of phone. Check your phone user guide to see if yours can. Mobile phone companies can only take action on the bully's account, such as blocking it, if the police are involved.

What will happen
if you see someone
being bullied in
school ?

What will you do ?

- Speak to SAS crew
- Talk to a teacher or TA
- Speak to a parent or other responsible adult.
- Speak to a DSL
- Mrs Abdulla

What to do
in school if
you are being
bullied.



I think I am being bullied

Name: _____ Base: _____

Who is bullying you? _____

Can you tell me about the problem?



Signed: _____ (Head teacher)



Action taken by Mrs Abdulla

Date: _____

Outline of actions taken:

Signed: _____ (Head teacher)

Child-on-child abuse



I have experienced child-on-child abuse

Name: _____ Base: _____

Who was involved? _____

Can you tell me about the abuse?

Signed: _____ (Head teacher)



Actions taken by Mrs Abdulla or Mrs Woods (DSL)

Date: _____ Time: _____

Outline of actions and next steps:

Signed: _____ Headteacher

What to do
if you see
BULLYING.

If You See Bullying

Be a Hero!

See

Lots of us see bullying.

Stand

It's easy to stand by.

Brave

If you are brave you can be a hero.

Think

How would you feel if it was you?

Don't

join in or watch people bullying.

Bullies love an audience. Walk away and see if you can get others to leave too. Don't leave someone who is in real danger.

Go get help.

Stop

rumours.

If someone tells you gossip, don't pass it on to others.

You wouldn't want rumours spreading about you!



Tell

an adult.

If you feel uncomfortable telling an adult, ask the adult to keep your comments anonymous.

Stand

up for the person.

If you feel safe, defend the person being bullied.

Bullies often want to be popular.



Encourage

the bullied person to talk.

Offer to talk to an adult with them. Practise and rehearse together what they will say.

Support

Ask the person if they are okay. Be friendly the next day. You can make a big difference to someone just by showing that you care.

Telling is not tattling! Telling is what you do to get someone out of trouble, Tattling is what you do to get someone into trouble.

Power for
Good.

Please listen carefully to this video

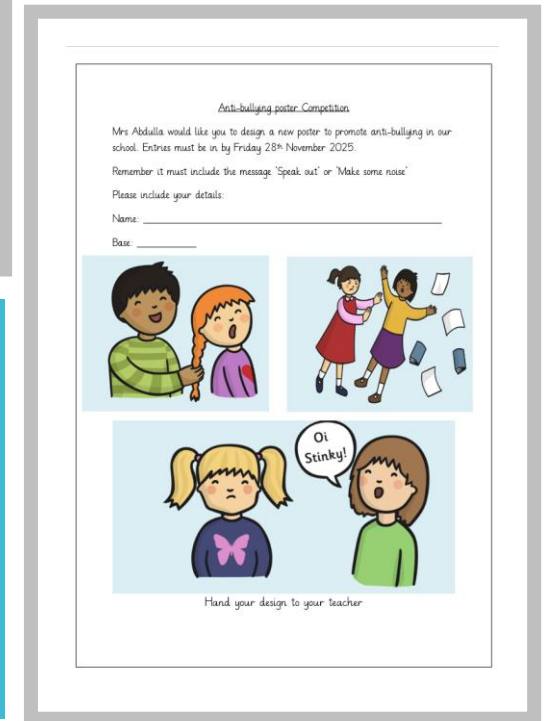
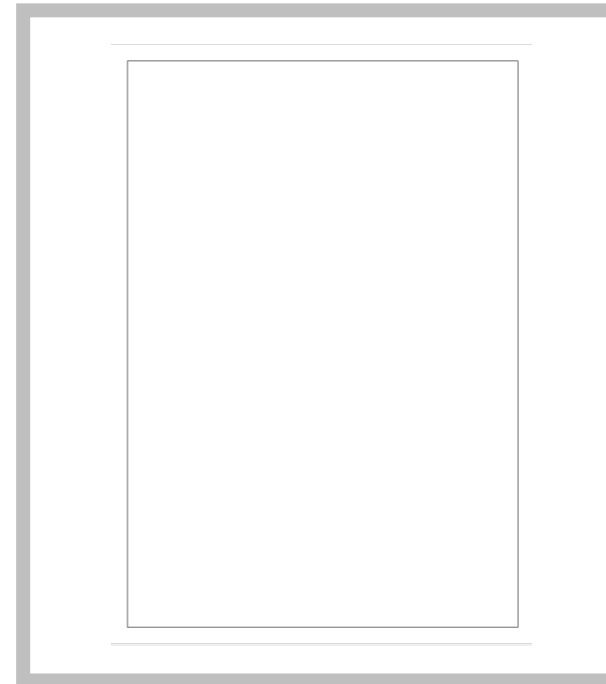
<https://youtu.be/lO6599wP390?si=eDmP-IDujtleilkA>



Anti-bullying competition

Anti-bullying poster Competition

Mrs Abdulla and SAS crew would like you to design a new poster to promote anti-bullying in our school. Entries must be in by Friday 28th November 2025.



Past winners



Any
questions?



Whispering to friends about someone else.

Final points to remember ...

- Face to face bullying
- Online bullying
- Other people being bullied
- Yourself being bullied

Stand up! Speak up! Use your voice!

**HIS
ULLYING
EEK**

**CHOOSE
PECT**