

Anti-Bullying Week

One Kind Word

15th - 19th November



What is bullying?

Bullying is hurting someone on purpose, over and over again.

It can happen face to face with actions or with words or it can happen online through a phone, tablet or computer.



What is bullying?



Remember, bullying is hurting someone on purpose, over and over again.
It is not when an unkind thing happens only once.

When your friend plays with someone else at lunchtime

When someone is saying unkind things about you to other people

Hitting someone



What Is Anti-Bullying Week?

It is an event that happens in the UK every year in November.

It aims to raise awareness of bullying, what it looks like and how we can help to stop it happening.



Anti-Bullying Week 2021

The theme this year is **One Kind Word**

It is really important to be kind to others.

Even just saying thank you to someone shows you are using kind words.



Anti-Bullying Week 2021

**ONE
KIND
WORD**

One kind word / words

Can you think of a kind word or words to say now?

Examples:

Thank you

You look nice today

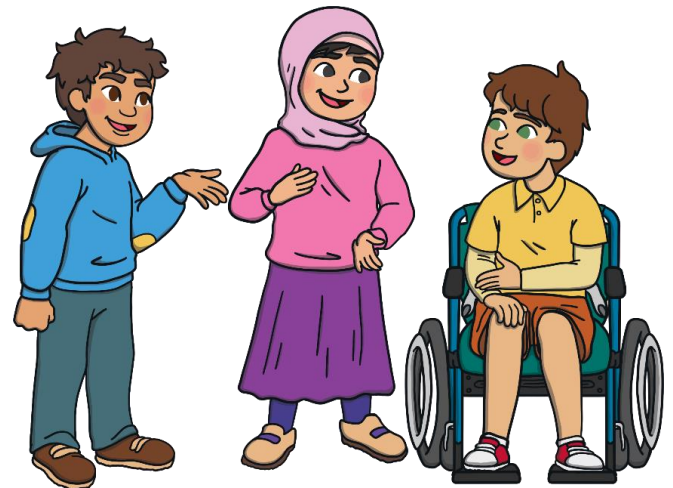
Please



One Kind Word

One kind word can give a moment of hope. Something so small can change someone's thoughts from bad to good. It can change their day and help to end bullying.

One kind word leads to another kind word. Kindness spreads and we can create a chain of kindness.

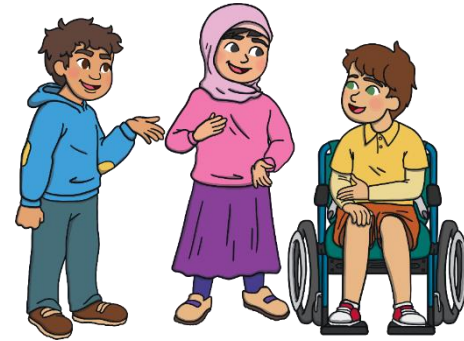


One Kind Word

In your classes you all have a strip of paper.

Write a kind word / words on that strip so that we can create a Downsell chain of kindness – staff too!

Hold them up so we can see them!



We Are All Different

Sometimes people bully other people because they are different. There are lots of ways we are different, here are some...

eye colour

skin colour

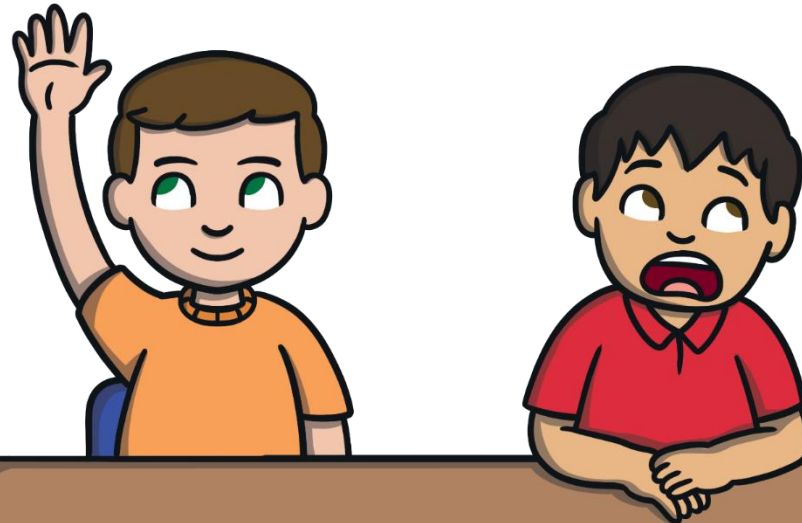
hair colour

family

what we find tricky to do

body shape

likes and dislikes



Odd Socks Day

On Thursday 18th we are celebrating how different we all are!

We are asking everyone (staff included) to wear odd socks.

This is to celebrate how we are all different.

Let's be kind to each other and love how we are all different.



What Should You Do If You Are Being Bullied?

Tell someone!

Someone can always help. Find a trusted adult and ask them to help you.

Even if it's not you being bullied, help other people around you. Ask if they are OK or if they need something. Tell an adult if you see someone being bullied.



What are we doing at Downsell to help you?

You can talk to any member of staff in school.

We will be talking to your parents on Thursday so they can help school stop bullying.

There are worry boxes around school for you to write down anything that worries you.

We are listening to you and doing things you suggest when we ask you questions.



What are we doing at Downsell to help you?

The KS2 school council members will be coming out in the playground to ask children to tell them the name of someone who has used kind words.

There will be a prize from the treasure box for one child in every class who has used kind words!

