

Discuss

Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing, or keeping silent, by feeling disgusted or feeling interested.

Octavia E. Butler





Headstrong

Week 8



Anti-Bullying Week 2022: Reach Out

Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out.

It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

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.

It can happen face-to-face or online.’



REACH

OUT

Discuss

Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing, or keeping silent, by feeling disgusted or feeling interested.

Octavia E. Butler





Extract from 2020 interview with Lady Gaga on The Project - Source: YouTube

 **ANTI-BULLYING
ALLIANCE**
UNITED AGAINST BULLYING

Anti-Bullying Week 2022 - Reach out



The different roles involved in bullying



**'Outsider/
Bystander'**



'Target'



'Ringleader'



'Reinforcer'



'Defender'



'Assistant'



**How can our school community
help students reach out?**

Group Discussion

REACH 
OUT 

 **BY BEING**
THE CHANGE 
 **YOU WANT**
  **TO SEE** 

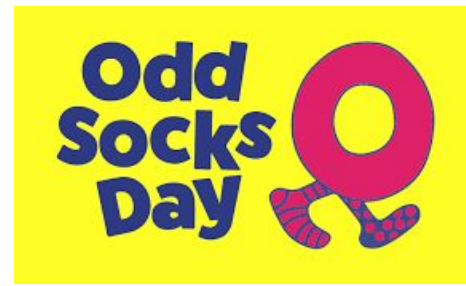


Monday 14th November
during Anti-Bullying Week 2022

**Odd
Socks
Day**



HEALTHY SCHOOLS CHALLENGE:



How many members of your form can you get to wear odd socks on Monday 14th November?

Can you get a photo of everyone showing off their odd socks to raise awareness of the anti-bullying message?

How many teachers will you spot wearing their odd socks on the 14th too?

REACH
OUT

→ **BY BEING**
THE CHANGE ↙
➡ **YOU WANT**
↙ ↗ **TO SEE** →

