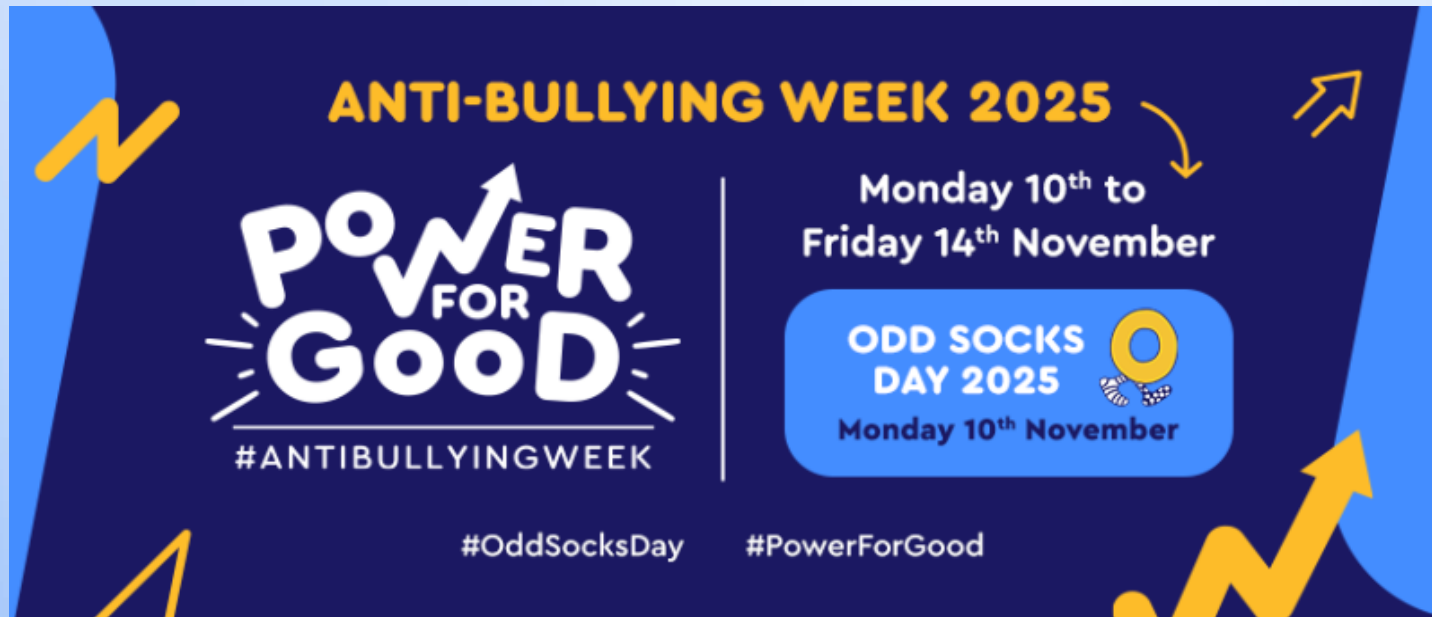
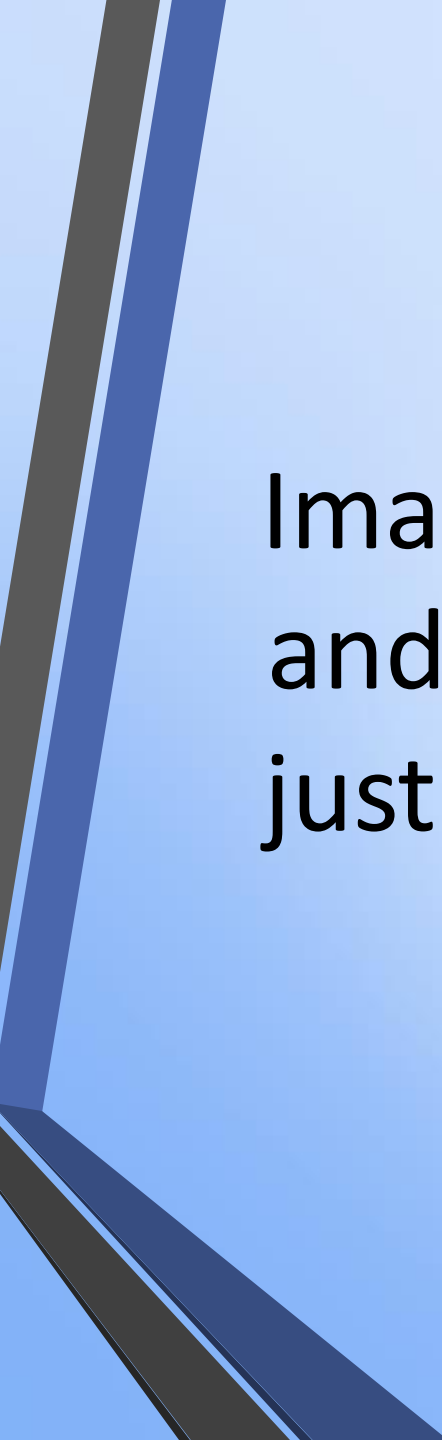


Anti-Bullying Week 2025



The theme of Power for Good has come about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.



Imagine a world where respect
and kindness thrives — it's not
just a dream, it's in the choices
we make.



Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying — for good.

Anti-Bullying Week 2025



CBeebies star Andy Day, and his band Andy and the Odd Socks team, came up with the idea for Odd Socks Day in 2017 and have supported Anti-bullying week ever since.

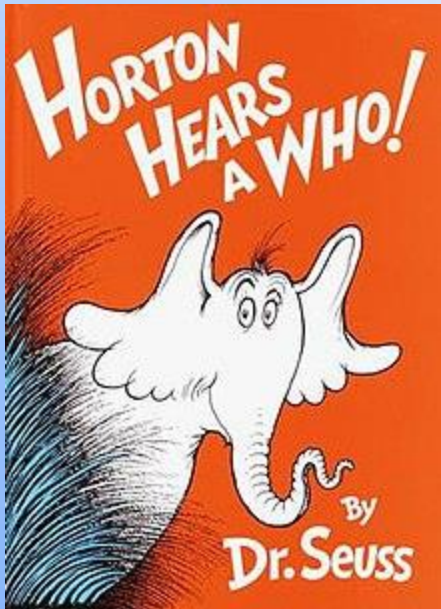
Odd Sock Day celebrates our differences



What have we been doing this week?



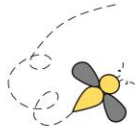
What have we been doing this week?



Is it Bullying?

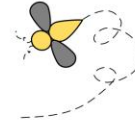
When someone says or does something unintentionally hurtful and they do it once.

That's RUDE



When someone says or does something intentionally hurtful and they do it once.

That's MEAN



When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset.

That's BULLYING

www.elsa-support.co.uk



What is bullying?

- The Anti-Bullying Alliance and its members have an agreed shared definition of bullying based on research from across the world over the last 30 years.
- **Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.**

Our School's Commitment

At Tickhill St Mary's School we are committed to giving all our children every opportunity to achieve the highest of standards.

We also give the highest importance to the safeguarding and welfare of the children. The Governors, Head Teacher and all staff aim to carry out their responsibilities effectively, efficiently and diligently.

Our policy helps to ensure that this happens for all children in our school, regardless of their age, gender, ethnicity, attainment or background.

What we do at St Mary's

- **Staff Training** - all staff do online CPD training www.anti-bullyingalliance.org.uk
- **Police visits** to talk to the older children - including the use of social media (age of criminal responsibility?)
- We have a **Devices Policy** for older children walking home alone – an agreement that phones are switched off on school premises and handed to the head on arrival.
- All classes have a half term **on-line safety unit** in the computing curriculum, Crucial Crew visits in Y6
- We focus on anti-bullying week emphasising what we teach the children **all year round**

What we do at St Mary's

We believe that bullying is:

- The repetitive intentional hurting of one person by another/others where the relationship involves an imbalance of power. It can be carried out physically, verbally, emotionally or through cyberspace (electronically)'.
 - Bullying behaviour deliberately causes hurt
 - Bullying behaviour is repetitive
 - Bullying behaviour involves an imbalance of power

What we do at St Mary's

We believe that bullying is

NOT:

- Teasing and banter between friends/classmates
- Falling out after a quarrel or disagreement for example, at football
- Behaviour that everyone has agreed to take part in

What are everyday disagreements?

- **Two children wanting to play with the same equipment at playtime**
- **Arguing over which TV programme to watch**
- **Pushing in when lining up**
- **A hard tackle in football which hurts the other player**

At St Mary's...

- We have discussion cards to help understanding
- We have Friendship Force certificates in Flourishing Friday worship to encourage positive behaviours
- We have the High 5 strategy in each classroom to help empower children to deal with incidents
- We discuss the difference between disagreements and bullying
- Achieved our Gold Charter mark and now seeking to achieve the next standard

At St Mary's...

- **We have an anti-bullying policy updated annually – this is available on our website**
- **We have a child-friendly anti-bullying policy - this is available on our website**
- **We have a quick procedures document – this is available on our website**
- **We record incidents of alleged bullying using a "chronology"**

What can you do to help?

- Devices away at bedtimes
- Set up your child's phone so that all messages are diverted to your own phone so you can see what is being sent and received.
- Suggested apps include - KidsGuardPro, XNSpy, SpyZie, MSpy and MobiStealth
- Alternatively, please check your child's phone on a daily basis.
- Parent ambassador role

For Further Information

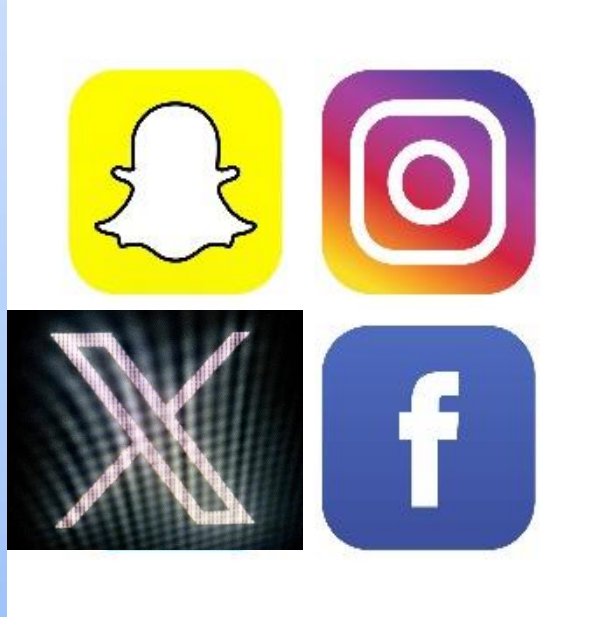
- **For more information please visit**
- <http://www.beatbullying.org/>
- <https://www.thinkuknow.co.uk/Parents/>
- <http://www.bullying.co.uk/index.php/parents/>
- <http://www.antibullyingweek.co.uk/>
- <http://www.anti-bullyingalliance.org.uk/>
- <http://www.childline.org.uk/explore/bullying/pages/bullying.aspx>



Account holders should be **18** years and above. **13** year olds can use with parents' or guardians' permission.



Has SAFETY SETTINGS for parents and guardians to control what their children watch.



To be a user or an account holder on any of these you must be **13** or older

**INSTAGRAM, FACEBOOK, X –
formerly TWITTER,
SNAPCHAT**



The recommended age for using TIK TOK
is **13 to 15** years



For children under **13** years TikTok has
'profiles' for parents or guardians to set
to control what is viewed



Fortnite is for children **12** years old and over



Minimum age for users and account holders is **16** years old

Silent Bullying

This happens when a bully makes you feel bad but doesn't say anything.

- Sending horrible notes to others
- Spreading rumours about you

Physical Bullying

- This is when a bully attacks someone by punching, kicking, hitting or pushing them.
- It can also include spoiling or stealing someone's belongings.
- The bully may 'accidentally' trip someone up or bang into them

Verbal bullying

This happens when a bully uses words to hurt or frighten.

- Name calling
- Threatening
- Copying what you say in a funny voice
- Making you look silly in front of others

Cyber Bullying

This happens when a bully doesn't say anything to your face but makes you feel bad

- Sending horrible texts or Facebook messages about you to others
- Spreading rumours using social media – Snapchat, Messenger, X (Twitter), Facebook etc.
- We invite police to talk to older children as an offence can be committed – but we cannot monitor outside school

What are the effects of bullying?

How does a bully feel?

- strong
- clever
- sad
- angry
- sorry
- mean
- jealous
- ashamed
- lonely

How does the victim feel?

- angry, cross
- weak
- scared, terrified
- hurt
- lonely, no friends
- why me?
- upset
- sad



There are lots of reasons why people become bullies and it is usually a sign that they are not happy people.

- They may be unhappy
- Feel different themselves
- Don't know how to make friends

And it doesn't stop with young people.

From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see.

**At St Mary's, we take pride in who we are
and what we do by being:**

Curious

Respectful

Accountable

Resilient

And active members of our community