



# **ANTI BULLYING WEEK 2016**

**Parents**

# Bullying facts/stats?

**69%** of young people experience bullying before their 18th birthday.

**60%** of people bullied because of appearance

**30%** said that bullying has had a huge impact on their social lives

**38%** said that bullying has had a huge impact on their self esteem

**25%** young people have had suicidal thoughts because of bullying



# Types of bullying

**Physical** (when someone pushes you, hits you or harms you in any way physically)

**Name calling** (bullied by name calling regularly and it is hurtful)

**Social** (leaving out, making plans and excluding others, etc.)

**Cyberbullying** (being bullied online, via mobile phone or on social networks)

**Sexual** (bullying includes unwanted sexual advances/comments, sexuality, spreading sexual rumours)



# How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Start to believe it
- Blame themselves



# How might they react?

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder
- Turn to drinking or taking drugs



# What about how bullying affects other areas of life?

- Family life
- School work
- Relationships
- Friendships
- Socially
- Emotional well-being
- Future relationships



## OUR STATISTICS.

- HERE INSERT YOUR HRBS DATA TO SHARE WITH PARENTS



# DIFFERENCE BETWEEN BULLYING AND UNKINDNESS

What are the differences between bullying and unkindness?





- Bullying

- Repeated

- Targeted

- By a group or individual

- Repeated isolation

- Unkindness

- Not repeated regularly

- Not targeted at one individual or a particular group

- Not done by one particular child or group.



# THE SCHOOL WAY - HOW WE PREVENT BULLYING.

- HERE INSERT YOU **PREVENT** BULLYING
- E.g. counselling, ABW work, ABW displays, buddy benches, worry boxes,



# OUR ANTI BULLYING POLICY

- HERE INSERT THE KEY POINTS FROM YOUR ANTI BULLYING POLICY
- ALSO INSERT THE PROCEDURE OF HOW THE SCHOOL DEALS WITH BULLYING

