



# Safeguarding Newsletter



## ANTI-BULLYING

**ANTI-BULLYING WEEK: 10TH-14TH NOVEMBER**

This term, our safeguarding focus is anti-bullying; what it is, what it isn't, what it might look like, how it can make us feel and how we can stop it. This newsletter will give you an overview of what we will talk about in school and has links to resources you may find useful.



### THEME: POWER OF GOOD

This event is organised by the Anti-Bullying Alliance, which works with the National Children's Bureau, a leading children's charity.



During Anti-Bullying Week, children and adults are encouraged to use their power to do good – to speak up safely and raise awareness when they see bullying, whether in person or online.

To make real change, everyone needs to help – in schools, homes, playgrounds, and even in government. We all have a role to play in stopping bullying.

**BULLYING CAN HAPPEN IN DIFFERENT WAYS:**

**PHYSICAL:** PUSHING, HITTING, KICKING, BITING, PINCHING.

**VERBAL:** NAME-CALLING, TEASING, SPREADING RUMOURS, THREATS.

**EMOTIONAL:** LEAVING SOMEONE OUT, HIDING THINGS, MAKING FUN, SCARING, OR CONTROLLING OTHERS.

**SEXUAL:** UNWANTED TOUCHING, RUDE COMMENTS, HOMOPHOBIC ABUSE, OR SHOWING INAPPROPRIATE MATERIAL.

**ONLINE (CYBER):** MEAN MESSAGES, SHARING BAD PHOTOS, POSTING HURTFUL THINGS, OR LEAVING SOMEONE OUT ONLINE.

**INDIRECT:** USING OR TAKING ADVANTAGE OF SOMEONE.



### WHAT IS IT?

#### Definition:

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.

### CONTACTS



#### NSPCC

Advice and Helpline  
0808 800 5000

#### YOUNGMINDS

Young Minds Parent Helpline  
0808 802 5544

#### KIDSCAPE

Kidscape Parent Advice Line  
020 7823 5430

#### SAMARITANS

Contact a Samaritan  
116 123

#### Children 1st

Children Parentline Scotland  
08000 282233

#### Professionals Online Safety Helpline

Professionals Online Safety  
0844 381 4772

#### THE MIX

Helpline for under 25s  
0808 808 4994

#### Stop It Now!

Confidential Help & Support  
0808 1000 900

IF YOU WOULD LIKE TO DISCUSS ANY MATTERS FURTHER, PLEASE SPEAK TO YOUR CHILD'S CLASS TEACHER OR MEMBER OF THE SAFEGUARDING TEAM.

