

11-15th NOVEMBER IS ANTI-BULLYING WEEK!



The event is organised every year by the [Anti-Bullying Alliance](#).

This year, the theme is **Choose Respect**.

With 30% of children experiencing bullying in the last year alone, it's important to talk about the impact of bullying, and how we can stop it.

Children are never too young to be taught about respecting each other's differences.

It's inevitable they will make mistakes while learning how to navigate friendships and relationships; this is a normal part of growing up and can enhance our social skills and empathy levels.

But sometimes unkind behaviour can progress into bullying, and it's important that children know how to recognise this.

The Anti-Bullying Alliance has outlined 4 key elements of bullying behaviour – click the picture to watch their video with your child.

When our child treats someone unkindly, we should calmly encourage them to reflect on how their behaviour might have affected the other person, and to say sorry.



Children often use the excuse "it was only banter" to justify bullying behaviour.

Teach your child the dictionary definition of banter:

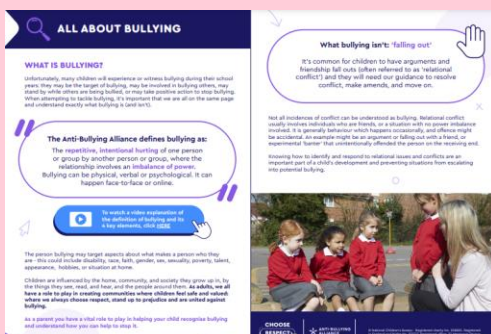
"Banter is the playful and friendly exchange of teasing remarks."

Explain that as soon as someone isn't enjoying our words, we should **STOP** and ask ourselves, "Would I enjoy it if these things were said about me?"

It can also be difficult for children to recognise or admit they are being bullied.

Teach them that if someone consistently puts them down or makes them feel bad, they're not a real friend or boyfriend/girlfriend. Relationships are made of mutual respect.

The Anti-Bullying Alliance has a toolkit for parent and carers – click on the picture to download it.



It covers:

- How to tell if your child is being bullied
- What to do if your child is being bullied, or is bullying others
- Where to receive specialist support
- How to work with your child's school on the topic of bullying
- Activities to complete with your child (primary and secondary)

Remind your child that if they are ever bullied, or witness someone else being bullied, they should let you know and to talk to a trusted teacher.