

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.



We can sometimes fall out with people and say mean things – it's part of growing up and learning about relationships. It's important that we think about our actions, say sorry and don't repeat our behaviour.

However, our behaviour can turn into bullying if it begins to include these 4 key elements...



Hurtful: When our behaviour hurts someone physically or emotionally

Intentional: When we hurt someone on purpose (knowing our behaviour will hurt that person)

Repetitive: When we behave this way more than once

Power Imbalance: When the target of our hurtful behaviour has less power than us

Click the picture for a video by Anti-Bullying Alliance that explains these elements in more detail.

Being bullied affects our confidence and the way we think about ourselves. Whether the bullying happens in-person or online, it makes us feel unsafe and alone and brings up very difficult emotions. All of this makes us more likely to experience mental health issues.

So please don't suffer alone; tell a trusted adult.

Click on the picture for more info and videos of what to do and where to go if you or someone else are being bullied.



It can sometimes be difficult to recognise or admit we're being bullied – but if someone constantly makes us feel bad, they are not our true friend or girlfriend/boyfriend. Relationships are only healthy if both sides feel respected, safe, and valued.

We should all reflect on our own behaviour.

People use the excuse "it was only banter" to justify their bullying behaviour. But the dictionary says that **"Banter is the playful and friendly exchange of teasing remarks."**

This means as soon as someone isn't enjoying our words, we should **STOP** before it turns into bullying. Even if they are laughing along, ask yourself, "would I enjoy it if these things were said about me?" They might be laughing out of embarrassment or nervousness, not because they find the 'banter' funny.