

ANTI-BULLYING WEEK 2023

MAKE A
NOISE
ABOUT
BULLYING

 ANTI-BULLYING
ALLIANCE



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.



“

Several Times On Purpose.



”



Anti-Bullying Week 2023

Make A Noise About Bullying

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as ‘just banter’.


Together, we can make a difference and take a stand against bullying.

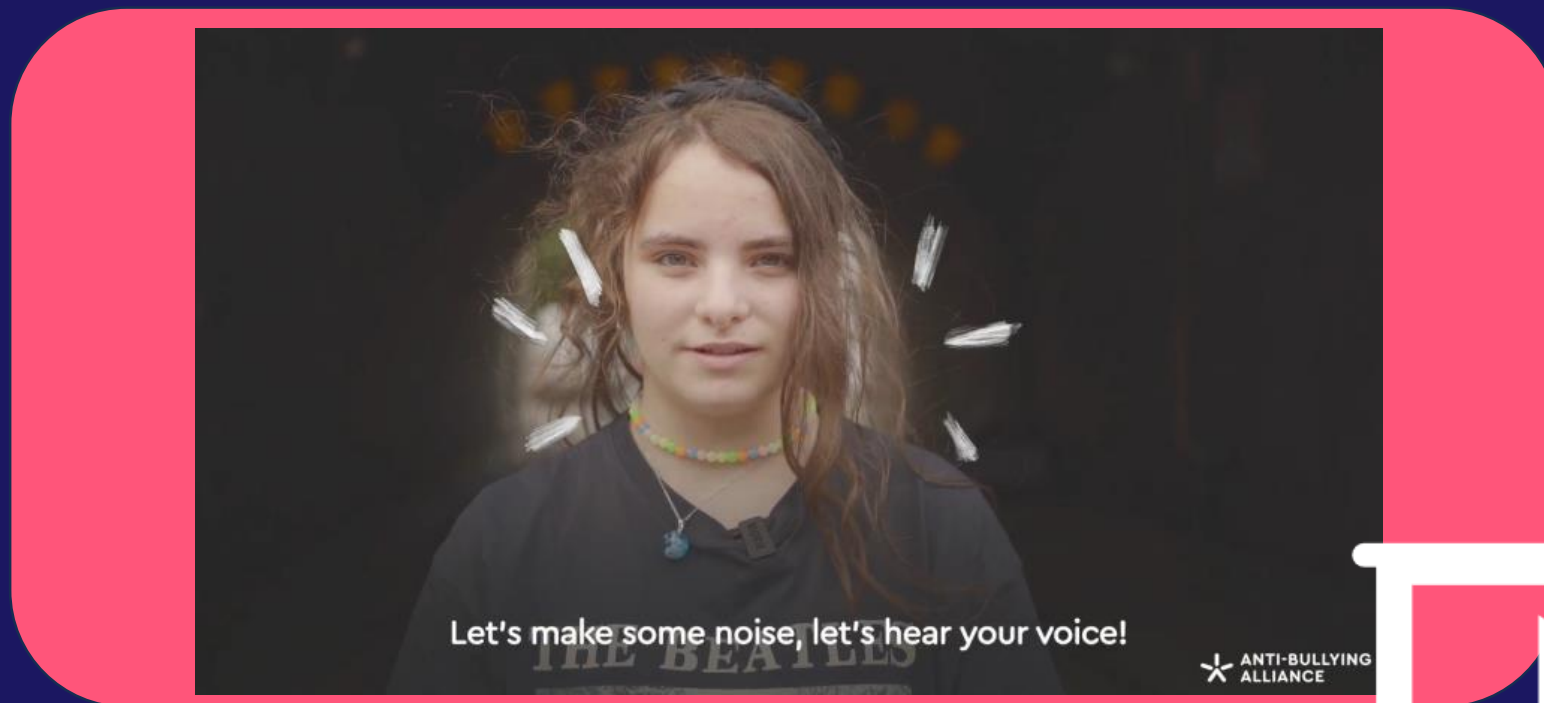
From the playground to Parliament, and from our phones to our homes, let’s make a noise about bullying.

It doesn't have to be this way.

Of course, we won’t like everyone, and we don’t always agree, but we can choose respect and unity.

This Anti-Bullying Week let’s come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.





<https://youtu.be/0vWCg2EIEYY>





“

What hurts the victim most is not the cruelty of the oppressor, but the silence of the bystander.

”

Elie Wiesel
Holocaust survivor & human rights champion



WHAT IS BANTER?



BANTER IS...

Banter is the **harmless** exchange of social interaction between friends which involves **teasing** or **mocking** one another, either on a **one-to-one basis** or more commonly on a **friendship group basis**.

What can you do now?

Let's make a noise about bullying!



Speak up

If you see something, say something! Say it's not ok, say stop! As mentioned in the video, it can simply be asking questions.



Be supportive

When you see someone being bullied, let them know they aren't alone. Ask if they're ok, ask if they'd like your help with dealing with it, or simply say hi!



Tell a trusted adult

It's always important to let an adult know what's going on. Tell them what you've seen or heard. They're here to help!

Who can you speak to at school?



If you are hurting
If you are thinking of harming yourself
If you are angry or upset with
someone else

If you are worried about yourself or someone else

Tell a trusted adult

Who can you tell?

Tell your tutor

Tell your Year Lead

Tell a member of the Pastoral Team

Tell any member of staff you can talk to

Or use the pupil support form on the John of Gaunt School
website to reach out for help

www.johnofgauntschool.org/students/jogcare-support-form

Or Scan the QR Code



This Anti-Bullying Week,
let's make a noise about bullying.

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**Monday 13th to
Friday 17th November**

#AntiBullyingWeek
#MakeANoise

