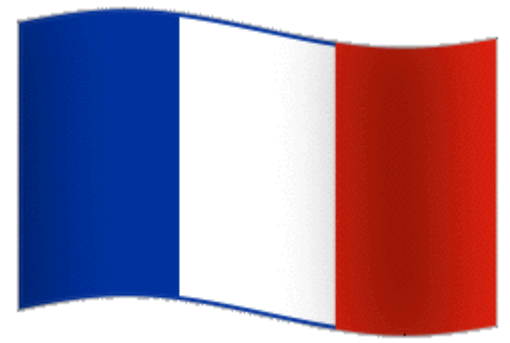


Anti-bullying Week



friends from the whole world,
thank you for #prayfor PARIS,
but we don't need more
religion! our faith goes
to music! Kisses! Life!
champagne and joy!
#Paris is about Life



What is 'BULLYING'?

The facts

Did you know....

- 1 in 10 children have reported being bullied?
- 44% of children have seen another pupil being bullied in the last 12 months?
- 25% of children (or over 2 MILLION children) worry about bullying?

What can I do?

- Understand that it is not your fault – NO ONE 'deserves' to be bullied
- Tell someone
- Focus on building your confidence and doing the things you love
- 'Different' isn't wrong / bad / disgusting / stupid / silly. Variety and differences are what keeps the world interesting and exciting.
- Use your experiences to help others.

Guji Guji



“You don’t have that.... “

“Your mum’s this...”

“You live there...”

“You look like that...”

“You’re so fat / skinny / ugly...”

If you have nothing nice to say.....

Challenging perceptions:

<http://creativity-online.com/work/channel-4-the-superhumans-return/44184>

Tell me how safe you feel and why

Dear Miss Fulmyk,

I feel safe in school because....

I try to make others feel safe by

**I think we could make each other
feel safer by.....**

- **It takes a lot more effort to be angry and mean compared to showing a smile.**
- **You will get a lot further in life by being a kind, giving, loving person than you ever will by being negative, aggressive and nasty towards others.**
- **No one rewards a bully. Not in school. Not at home. Not at university and not when you're old enough to work.**

<https://www.youtube.com/watch?v=mBwf-VPZqDs#t=228>

Let us bow our heads

During Anti-Bullying Week I am going to use the time to think and focus on how I can be the best friend I can be to each and every one I meet.

Nobody has the right to make anybody feel worthless and I know that those who deliberately hurt others are usually unhappy with themselves.

I am going to treat people with the respect that I would like to be treated with.

I am going to help when I see a friend in need.

Anti-Bullying Week only lasts for seven days out of an entire year, but I will say “**NO!**” to bullying each and every day.