

## Anti-Bullying Week: One Kind Word

Whilst we all need to be aware of this all year round, Anti-Bullying Week provides the opportunity to raise awareness of what bullying behaviours may look like, encourage children to 'stand up and speak out' and recognise the serious impact that bullying can have on children.

### What is bullying?

'Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online' (Anti-Bullying Alliance). We use the acronym developed by Kidscape, 'S.T.O.P' to explain bullying to pupils - that it is 'Several Times On Purpose'.

### What may be some of the signs that a child is being bullied?

- A reluctance to go to school or a club
- Unexplained tummy upsets or headaches
- Showing signs of distress on a Sunday night or at the end of school holidays
- Becoming either quiet or withdrawn, or playing up
- Torn clothes and missing belongings
- Seeming upset after using their phone, tablets, computers, etc
- Access a parent line for further information:

<https://www.kidscape.org.uk/advice/parent-advice-line/>

### What shall I do if I think my child is being bullied, has seen it, is involved or actually doing the bullying?

- Speak to your child, ask them about friendships, playtimes or after school activities, etc. Ask if they understand what bullying is or what it makes people feel like. Provide reassurance if they disclose anything to you.
- Be aware of their online activity - check that the appropriate controls in place to protect them from harm online or through phone chat. Keep a record of any bullying messages and block users.
- Share your concerns with their teacher or contact our ELSA, Mrs Watkins ([wellbeing@emmanuel.camden.sch.uk](mailto:wellbeing@emmanuel.camden.sch.uk))
- Talk to your child about what they feel they can do if it happens. Encourage them to speak to their teacher or use the Let's Talk drop-in at lunch times or the worry box.
- Contact the Kidscape parent line for further information: <https://www.kidscape.org.uk/advice/parent-advice-line/>

### One Kind Word

This year the theme of Anti-Bullying Week is kindness. One kind word can provide a moment of hope, it can change someone's perspective, or even change their day. It can change the course of a conversation and break the cycle of bullying. One kind word leads to another. We will be talking in school about the 'ripple effect' - that kindness fuels kindness. In turn, kindness fuels happiness and positive wellbeing. Research shows that children need to hear from us that kindness is important, that they need daily opportunities to practise caring for others, and we need to encourage them to consider the perspective and struggles of others - to develop empathy.

Here are some ideas to encourage your child to show kindness to themselves as well as others:

- Smile at everyone they see
- Write a thank you letter
- Pick some toys to donate to charity
- Get enough sleep
- Hold the door open for someone
- Eat healthily and drink plenty of water
- Play with someone new
- Take some time out to relax
- Be brave and compliment themselves
- Help with a chore
- Let a sibling go first
- Teach someone something new



### Types of bullying:

- Physical
- Verbal (e.g. name calling)
- Emotional (e.g. exclusion from play, talking about children behind their back)
- Indirect (e.g. spreading rumours)
- Online (also known as cyberbullying e.g. gaming chat, social media or texting)

Some books about kindness:

