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ANTI-BULLYING WEEK 2022

←

REACH

OUT

#ANTIBULLYINGWEEK

Anti-Bullying Week 2022: Reach Out

Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out.

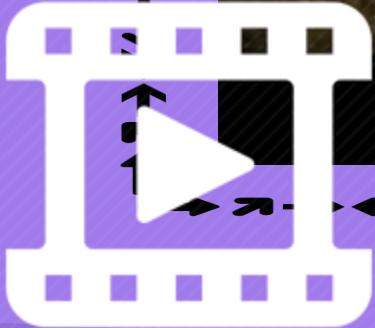
It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.



REACH
OUT



<https://www.youtube.com/watch?v=kjhp-67cKJA>

What is bullying?

‘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.’

Types of bullying



Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.



Includes spreading lies about someone, playing nasty jokes or excluding people.



Includes name-calling, threatening, teasing, saying nasty or rude things to someone.



Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.


**Take a moment
to consider ...**

1

**Two times you have
reached out to someone in
need**

2

**Two times someone has
reached out to you when
you needed help**

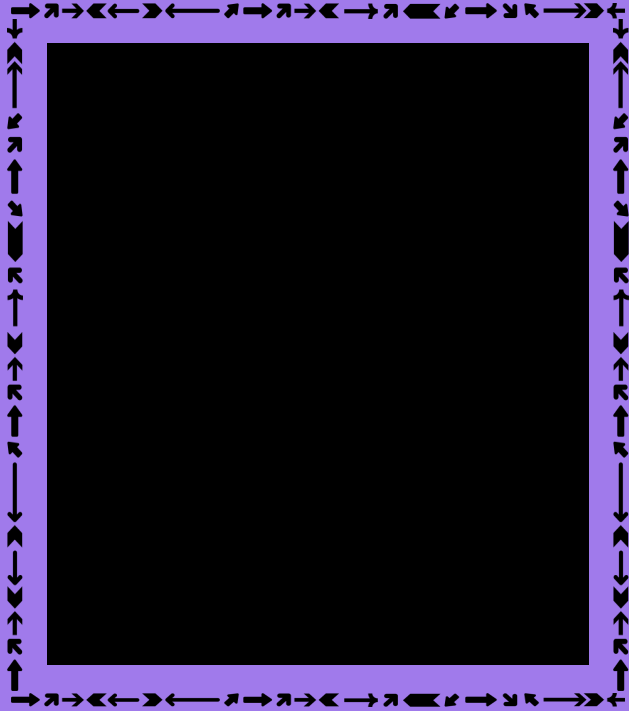


"How wonderful it is that no one has to wait, but can start right now to gradually change the world"

ANNE FRANK

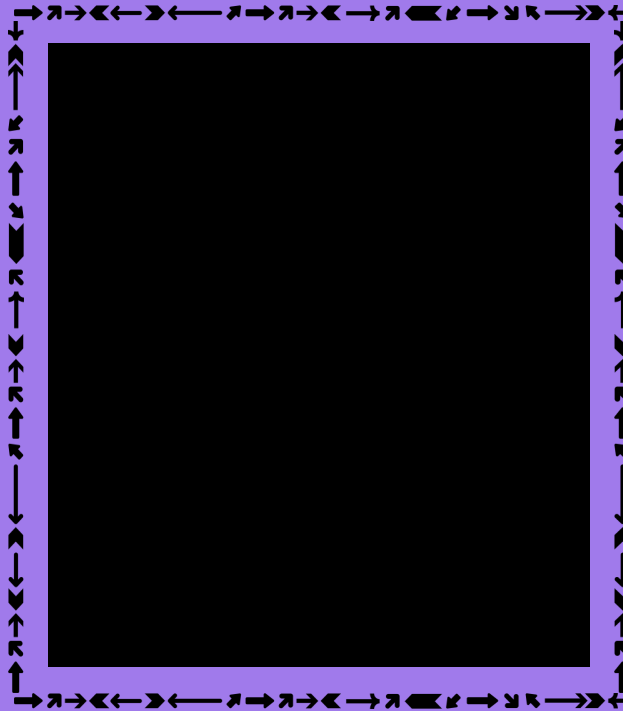


Who can we reach out to in our school?



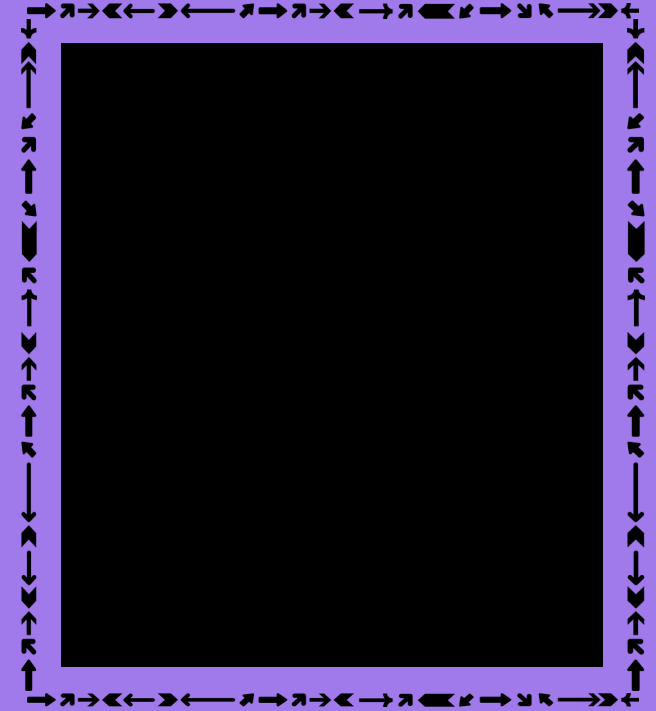
1

Staff Name
here



2

Staff Name
here



3

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here



Thank you for being a part of
ANTI-BULLYING
WEEK 2022



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