

Anti-bullying Week 2022

Dear Parent/Carers,

Shenley Academy will be celebrating Anti-Bullying Week from Monday 14th November – Friday 18th November and has the theme “Reach Out”. We have already run assemblies over this week to raise awareness for our students and signpost to support we already have in place at Shenley Academy. It is co-ordinated by the Anti-Bullying Alliance which this year promotes the message to **Reach Out** to someone you trust if you need to talk about bullying. **Reach Out** to someone if you know they are being bullied. **Reach Out** by being the change you want to see. We are proud to be taking part this year to raise awareness and understanding amongst students, parents, staff and our wider community.



What is bullying?

Bullying is the repetitive, intentional hurting of one 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.

Within this week we will also teach the acronym **STOP** which explains that bullying is; **S**everal **T**imes **O**n **P**urpose. We will also be educating students to distinguish between bullying behaviour and “falling out” which is a normal part of relationships.

Bullying can be:

- Intending to hurt harm or humiliate someone, several times on purpose
- Repeated hurtful or harmful behaviour, several times on purpose
- The person bullying might have more power (i.e. older, bigger, stronger or more popular)

Falling out is:

- A disagreement or argument in which both sides express their views
- Where there is equal between those involved
- Stops or changes the behaviour when they understand they are hurting someone

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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.



As part of the week we will be launching our two new letterboxes to reach out for support. We will be celebrating through gifting all students a "Reach Out" band as a part of our commitment to Anti-bullying moving forward. We will be having photos in year groups to celebrate and commemorate this. There will be themed purple cakes in the canteen alongside assemblies and a PSHE session.

This is a good time for parents and carers to familiarise yourselves with our academy policy.

Thank you for your continued support.

Yours sincerely

Mr A Ward
Assistant Headteacher