

Anti-Bullying Week



Anti-Bullying Week happens each November. It aims to tell people all about bullying and the ways we can help. In 2020, it starts on Monday 16th November and ends on Friday 20th November. The theme is 'United Against Bullying'.

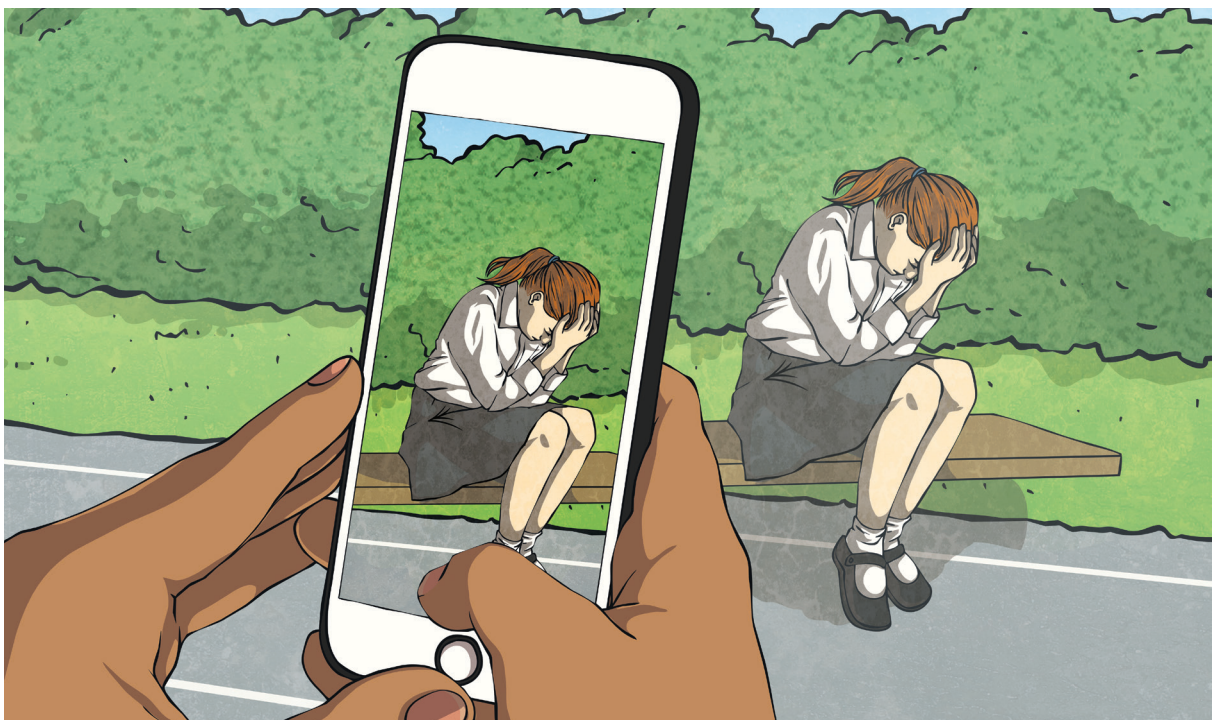
The first day of Anti-Bullying Week is always celebrated as 'Odd Socks Day', which symbolises that we are all unique and celebrates our differences.

What Is Bullying?

Sometimes, people pick on other people. They say mean words or do hurtful things. They might do this because they think that they are stronger, faster or better than the other person. If this behaviour is repeated, it is called bullying.

Where Does Bullying Happen?

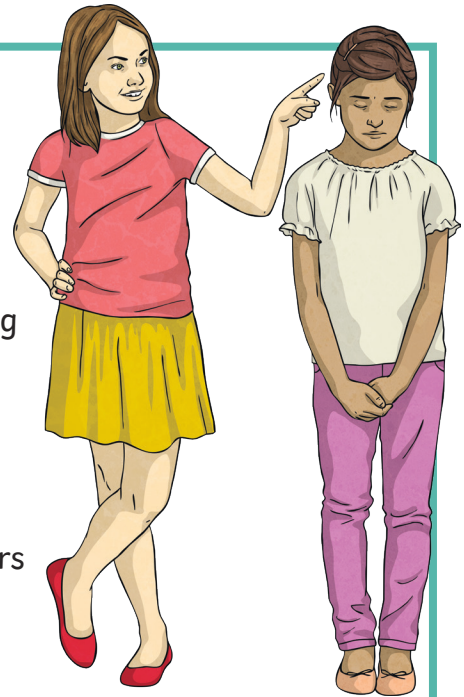
Bullying often happens inside school. It can happen outside of school, too. It might happen on the playground, on the field, or in the toilets. It might happen on the journey to and from school. It might happen online, through someone's phone or computer.



Types of Bullying

Bullying can happen in different ways. Here are some types of bullying to watch out for:

- **Physical** – This is pushing, pinching, hitting or kicking someone. It can also be taking or breaking their things.
- **Verbal** – This is calling other people names, teasing them or threatening them.
- **Social** – This is leaving someone out, telling others not to be friends with them, talking behind their back or embarrassing someone.



If any of this behaviour is repeated again and again, then it is bullying.



'United Against Bullying'

The events of 2020 have shown the positive effect that happens when people work together. Working against bullying is no different. By all working together - parents, carers, teachers, children and young people, politicians, celebrities and everyone else - we can make a difference and reduce bullying.

Did You Know...?

Sometimes people bully others because they are scared, worried or are not confident talking to others.



Questions

1. In which month does Anti-Bullying Week always take place? Tick one.

- December
- November
- 16th – 20th November
- January

2. What is this year's theme? Tick one.

- United Bullying
- Anti-Bullying Week
- United Against Bullying
- November

3. **If this behaviour is repeated, it is called bullying.**

Which phrase is most similar in meaning to repeated? Tick one.

- something happening once
- something happening lots of times
- something hurtful
- something happening at school

4. Draw **three** lines to match the behaviour to the type of bullying.

Physical

Saying or writing unkind words to someone.

Verbal

Hurting someone or taking something from them, like a pencil or a bag.

Social

Saying that someone can't play in a game, or whispering about them when they don't know.

5. Give **two** examples of physical bullying.

1. _____

2. _____

6. Fill in the missing words.

The events of 2020 have shown the _____ effect that happens when people work _____.

7. **Bullying can only happen at school.**

Do you agree or disagree? Use examples from the text to support your answer.

Answers

1. In which month does Anti-Bullying Week always take place? Tick one.

- December
 November
 16th – 20th November
 January

2. What is this year's theme? Tick one.

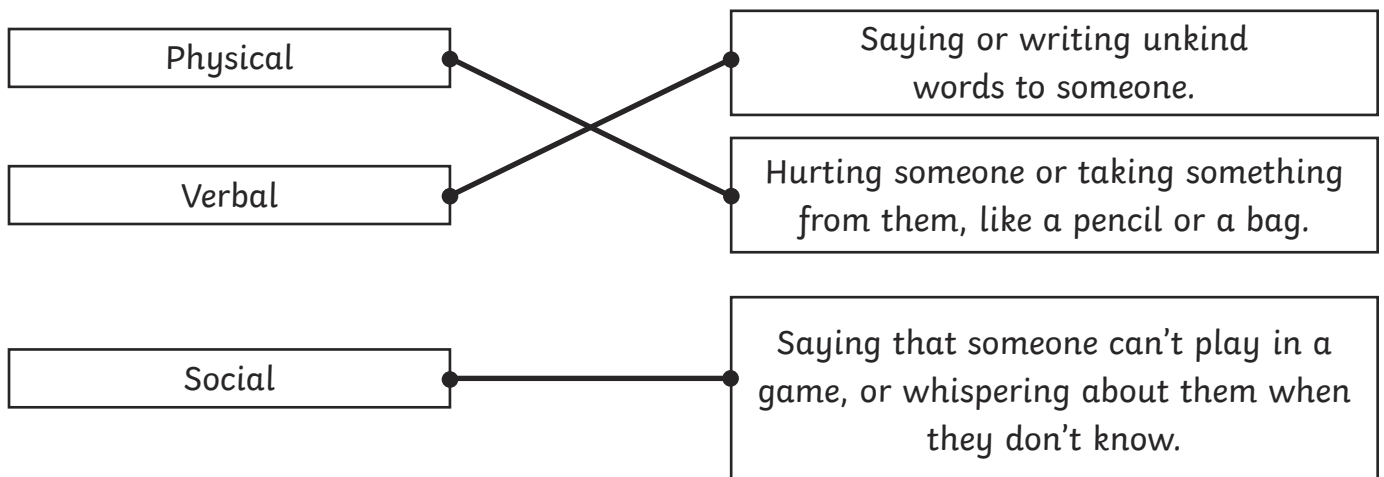
- United Bullying
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Which phrase is most similar in meaning to repeated? Tick one.

- something happening once
 something happening lots of times
 something hurtful
 something happening at school

4. Draw **three** lines to match the behaviour to the type of bullying.



5. Give **two** examples of physical bullying.

Accept any two of the following responses: pushing, pinching, hitting, kicking someone, taking or breaking someone's things

6. Fill in the missing words.

The events of 2020 have shown the **positive** effect that happens when people work **together**.

7. **Bullying can only happen at school.**

Do you agree or disagree? Use examples from the text to support your answer.

Pupils' own responses stating disagreement with justification, such as: I disagree because bullying doesn't just happen at school. For example, it can happen on a playground, field, in the toilets or on the journey to and from school. It can also happen online.

Anti-Bullying Week



Anti-Bullying Week happens each year in the third week of November. It aims to raise awareness of bullying and how to help those who are affected. In 2020, the event is from Monday 16th to Friday 20th November. Each year has a different theme and this year's theme is 'United Against Bullying'.

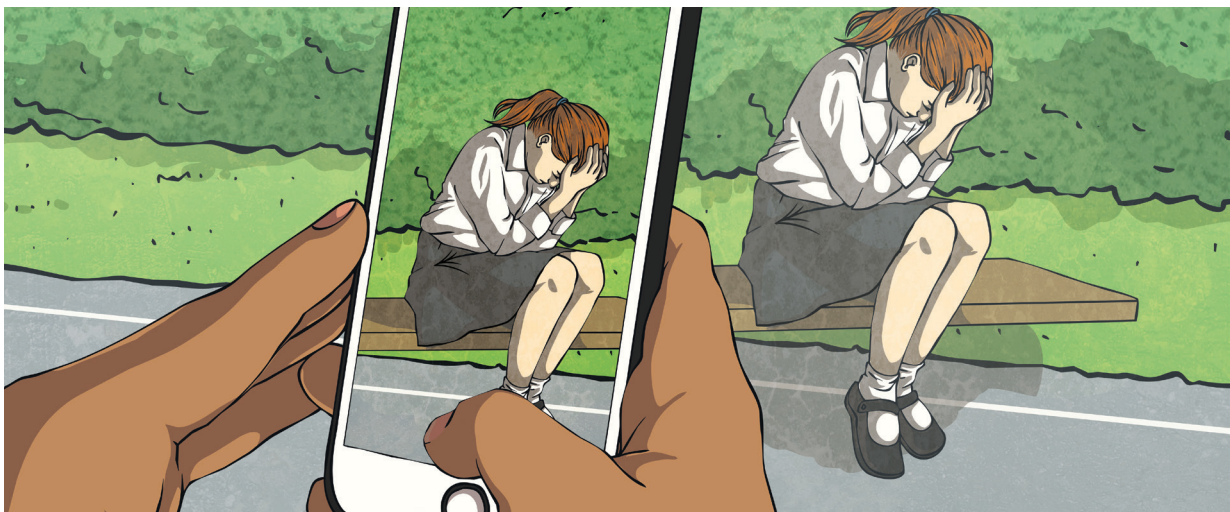
At the start of Anti-Bullying Week, a special day is held called 'Odd Socks Day', on which people are invited to wear odd socks, symbolising that we are all unique and to celebrate our differences.

What Is Bullying?

Sometimes, people pick on or tease other people. For example, they might say nasty words or do hurtful things. Some people think that they are stronger, faster, cleverer or just better than other people. If this unkind and harmful behaviour happens repeatedly, it is called bullying.

Where Does Bullying Happen?

For children, bullying often happens inside school but it can happen in other places or situations, too. It might happen in the classroom, on the playground, on the field, or in the toilets. Bullying might also occur on the journey to and from school. More recently, bullying can happen online, for example, through someone's phone and messaging or social media apps.



Types of Bullying

Sadly, bullying can happen in different ways. It is important to be aware of the three main types of bullying so that we can challenge bullying if we know it is happening. The three types are:

- **Physical** – This is bullying that involves pushing, pinching, hitting or kicking someone. Alternatively, it may involve taking or breaking someone's belongings.
- **Verbal** – This is bullying that involves hurtful comments such as calling people names, teasing them or threatening them (for example, 'If you don't..., then I'll...')
- **Social** – This is bullying by excluding someone, such as leaving someone out of a game or conversation, telling others to leave someone out or talking behind someone's back.

If any of this behaviour is repeated again and again, then it is **bullying** and can make people feel very sad and alone.



'United Against Bullying'

The events of 2020 have shown the positive effect that happens when people work together. Working against bullying is no different. By all working together - parents, carers, teachers, children and young people, politicians, celebrities and everyone else - we can make a difference to reduce bullying.

Together, we must look, listen and work together to notice bullying and tell an adult you trust who can help.

Questions

1. When does Anti-Bullying Week happen each year? Tick one.

- in the first week of November
- in the third week of December
- in the third week of November
- in the third week of September

2. What are the dates for Anti-Bullying Week 2020? Tick one.

- 16th – 20th November
- 6th – 20th November
- United Against Bullying
- 16th – 20th December

3. Look at the **What Is Bullying?** section.

Find and copy one word which means something that happens 'again and again'.

4. Draw **three** lines to match each statement to the correct subtitle.

One has been done for you.

Saying or writing rude names again and again is a kind of bullying.

We should know that it can happen online, such as through a phone.

Taking and hiding someone's bag every day is bullying.

Walking to school, you might see bullying happen.

Where Does Bullying Happen?

Types of Bullying

5. Read the following statements and tick **True** or **False** for each one.

Statement	True	False
Bullying only happens at school.		
There are three main types of bullying.		
Accidentally tripping someone over is bullying.		
Bullying only happens to boys.		

6. Fill in the missing words.

Together, we must _____, listen and work together to notice _____ and tell an adult you trust who can help.

7. Explain the meaning of the 2020 theme, 'United Against Bullying'.

8. Why do you think it is important to always tell an adult about bullying?

Answers

1. When does Anti-Bullying Week happen each year? Tick one.

- in the first week of November
- in the third week of December
- in the third week of November**
- in the third week of September

2. What are the dates for Anti-Bullying Week 2020? Tick one.

- 16th – 20th November**
- 6th – 20th November
- United Against Bullying
- 16th – 20th December

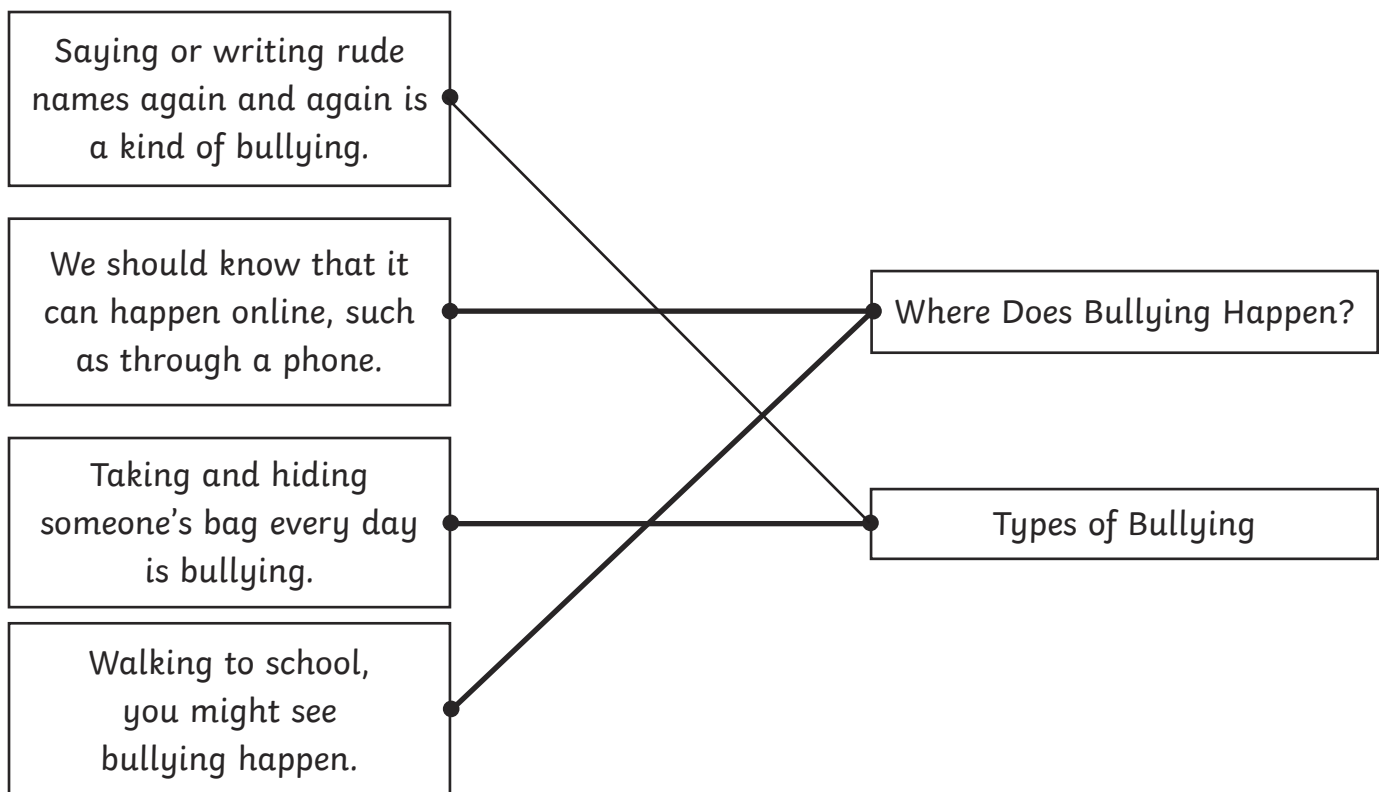
3. Look at the **What Is Bullying?** section.

Find and copy one word which means something that happens 'again and again'.

repeatedly

4. Draw **three** lines to match each statement to the correct subtitle.

One has been done for you.



5. Read the following statements and tick **True** or **False** for each one.

Statement	True	False
Bullying only happens at school.		✓
There are three main types of bullying.	✓	
Accidentally tripping someone over is bullying.		✓
Bullying only happens to boys.		✓

6. Fill in the missing words.

Together, we must **look**, listen and work together to notice **bullying** and tell an adult you trust who can help.

7. Explain the meaning of the 2020 theme, 'United Against Bullying'.

Pupils' own responses, such as: The theme 'United Against Bullying' means that everyone should work together to stop bullying from happening.

8. Why do you think it is important to always tell an adult about bullying?

Pupils' own responses, such as: We should tell an adult so that they can help people who are feeling sad or alone. Also, it can help stop any bullying happening in the future.

Anti-Bullying Week



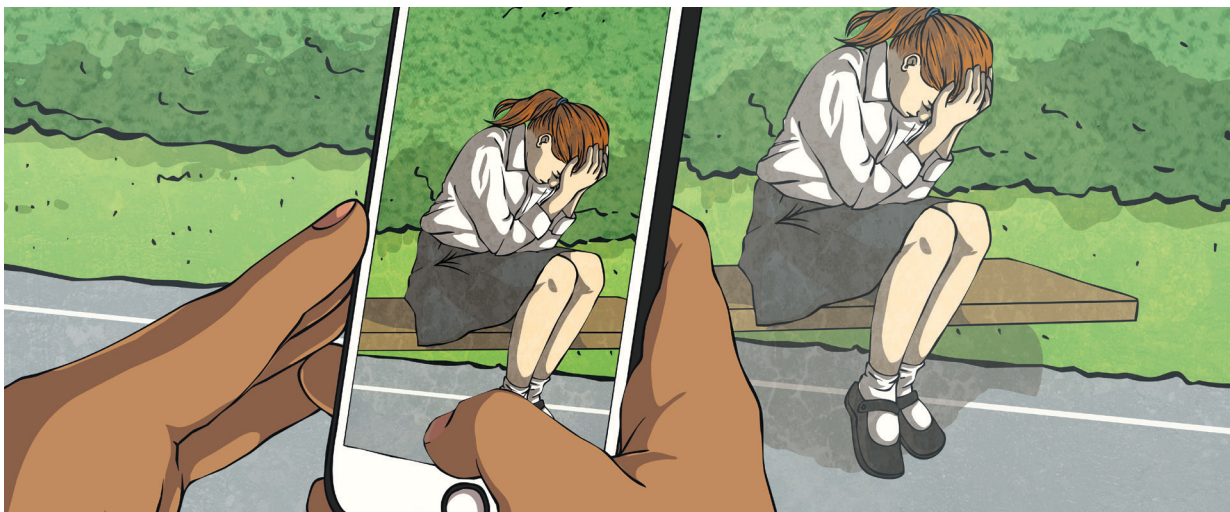
Every year, schools across the country promote Anti-Bullying Week to raise awareness of different types of bullying, its effects and ways to help those who are affected. This year's event is from Monday 16th to Friday 20th November. Each year's theme is different – in 2020, it is 'United Against Bullying'. For the first day of Anti-Bullying Week, a special day is held called 'Odd Socks Day', on which people are invited to wear odd socks, symbolising that we are all unique and to celebrate our differences.

What Is Bullying?

From time to time, people are teased by other people, for example, their peers or siblings. Occasionally, children are accidentally hurt by others' actions. However, when there is any deliberately hurtful behaviour happening regularly towards someone, it is called bullying.

Where Does Bullying Happen?

Bullying can happen anywhere so it is important for us all to be vigilant. It may happen at school but it can happen elsewhere, too. In the 21st century, sadly, different methods of bullying have developed. Now, it can happen online, for example, through messaging or popular social media apps that allow unkind messages to be sent. This is sometimes known as cyber-bullying.

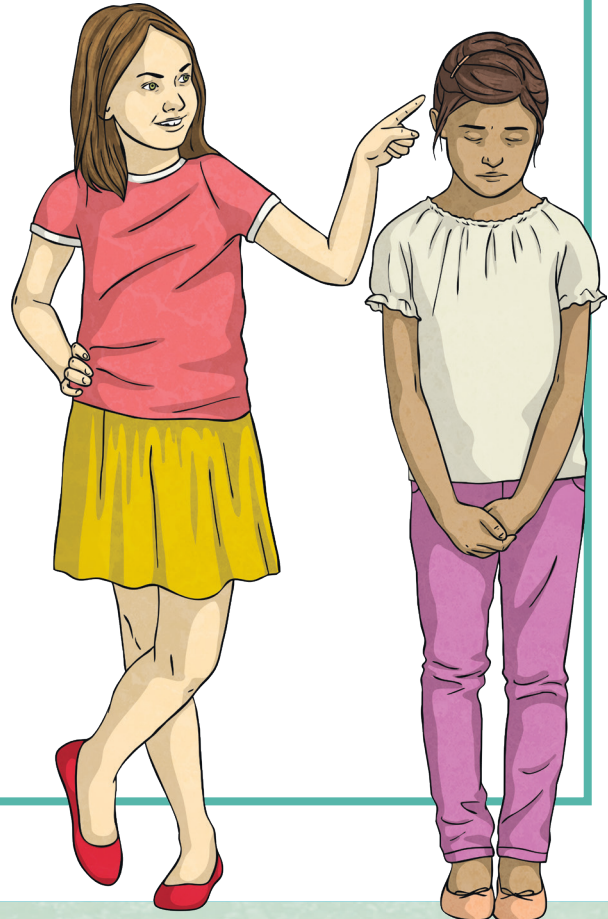


Types of Bullying

In order for us to all challenge bullying, we must know how it can happen. The three main types to be aware of are:

- **Physical** – Bullying which involves intentionally pushing, pinching, hitting or kicking someone is called physical bullying. Often there are marks or bruises that can be seen. Deliberately taking or breaking someone's possessions can also be called physical bullying.
- **Verbal** – This type of bullying does not leave physical marks, which makes it harder to spot. However, verbal bullying can affect us mentally for a long time. It involves hurtful comments such as calling people names, teasing them or making threats.
- **Social** – Bullying by excluding someone, such as leaving them out of a game, telling others to leave them out or talking behind someone's back (in real life or by sending messages about them) is known as social bullying. It can also include doing something that embarrasses someone.

If any of this behaviour is repeated, then it is **bullying**.



'United Against Bullying'

Bullying can happen anywhere, at any time, to anyone but it's important to remember that we all have a right to feel safe; no one should ever be bullied.

The events of 2020 have shown the positive effect that happens when people work together. Working against bullying is no different. By all working together - parents, carers, teachers, children and young people, politicians, celebrities and everyone else - we can make a difference to reduce bullying.

If you suspect that someone else is being bullied, don't be a bystander. If you can, support the victim by asking how they are or offering to talk or play with them. Always tell an adult about what is happening.

Somebody can always help.



Questions

1. What is the Anti-Bullying Week theme for 2020? Tick one.

- United Bullying
- United Against Bullying
- Raise Awareness of Bullying
- Change Is Good

2. Why do we need Anti-Bullying Week? Tick **two**.

- to become more healthy
- to learn about the three types of bullying
- to know how we can help those affected by bullying
- to stop children using phones

3. Look at the **What Is Bullying?** section.

Find and copy one word which means doing something on purpose.

4. What does the author mean when they say, '**it is important for us all to be vigilant**'?

5. Fill in the missing words.

In the 21st century, sadly, _____ methods of bullying have _____.

6. In what way is verbal bullying different from physical bullying?

7. Explain the meaning of the 2020 theme, 'United Against Bullying'.

8. Explain how you could help someone who may be being bullied. Use evidence from the text to support your answer.

Answers

1. What is the Anti-Bullying Week theme for 2020? Tick one.

- United Bullying
- United Against Bullying**
- Raise Awareness of Bullying
- Change Is Good

2. Why do we need Anti-Bullying Week? Tick **two**.

- to become more healthy
- to learn about the three types of bullying**
- to know how we can help those affected by bullying**
- to stop children using phones

3. Look at the **What Is Bullying?** section.

Find and copy one word which means doing something on purpose.

deliberately

4. What does the author mean when they say, '**it is important for us all to be vigilant**'?

It means it is important for us all to look out for the different types of bullying because it can happen anywhere.

5. Fill in the missing words.

In the 21st century, sadly, **different** methods of bullying have **developed**.

6. In what way is verbal bullying different from physical bullying?

Pupils' own responses, such as: Verbal bullying doesn't leave physical marks unlike physical bullying such as pushing or pinching. Verbal bullying is harder to spot than physical bullying.

7. Explain the meaning of the 2020 theme, 'United Against Bullying'.

Pupils' own responses, such as: The theme 'United Against Bullying' means that everyone should work together to stop bullying from happening.

8. Explain how you could help someone who may be being bullied. Use evidence from the text to support your answer.

Pupils' own responses, such as: I think you could help someone by asking how they are or by playing or talking to them. I could also tell an adult if someone is being bullied so they can help the person and stop anymore bullying from happening.