



Anti - Bullying Year 10



Stop!

'Each of us deserves the freedom to pursue our own version of happiness. No one deserves to be bullied' Barack Obama

Bullying affects lots of people and can happen anywhere: at school, travelling to and from school, in sporting teams, in friendship or family groups or in the workplace.

Bullying can take many forms including:

- emotional abuse
- Social media
- social exclusion
- threatening behaviour
- name calling
- cyberbullying
- Sexting
- Sexual exploitation



Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends

Speak



'Don't you ever let a soul in the world tell you that you can't be exactly who you are' Lady Gaga

Speak to someone. No one has a magic wand, but we always do our best and we do really care.

There are lots of things you can do to keep yourself safe online.

- Think before you post
- Don't share personal details
- Watch out for phishing and scams
- Think about who you are talking to.
- Keep your device secure
- Never give out your password
- Cover your webcam
- Use strong passwords
- Report anything you are unsure of

Images sent on sites like Snapchat can still be saved and screenshotted, they stay FOREVER!

Set, protect, and respect boundaries for yourself!



Support



'Blowing out someone else's candles doesn't make yours shine any brighter' Drake

What we do at West Exe to deal with



Whatever your worry, it's better out than in

Mentoring is having a named person you can go to for support at school.

Peer mentoring is when older students are trained to become 'buddies' providing support and someone to talk to nearer their own age. This helps everyone in school learn that bullying is not acceptable.

Restorative justice brings all children involved together so everyone affected plays a part in repairing the harm and finding a positive way forward.

Remember: there is no reason for you to ever put up with any kind of bullying.

YOUNGMINDS
fighting for young people's mental health

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