



## Anti - Bullying Year 9



### 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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