


SMSC Assembly

Spiritual Moral Social Cultural




**Don't face
it alone**

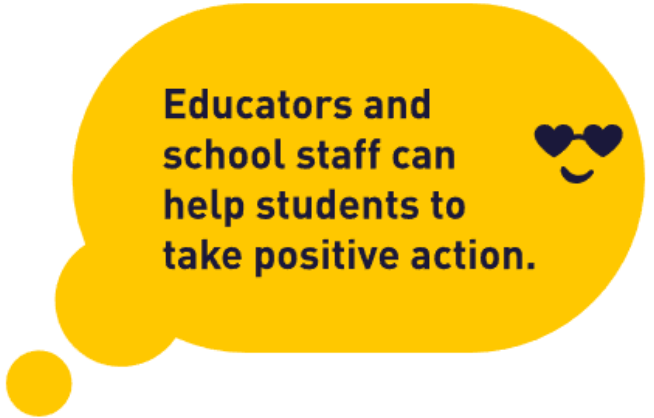
#SpeakOutAboutBullying

An orange thought bubble with a simple smiling face icon at the top right.

Young people should be supported to speak out. They deserve to be heard.

A dark blue speech bubble with a simple smiling face icon at the top center.

Parents and carers can support young people and offer their support.

A yellow speech bubble with a simple smiling face icon wearing sunglasses at the top right.

Educators and school staff can help students to take positive action.

YOU'RE ENTITLED TO FREEDOM OF SPEECH...



NOT FREEDOM FROM CONSEQUENCES



**“WE ARE FREE TO CHOOSE OUR
ACTIONS... BUT WE ARE NOT FREE
TO CHOOSE THE CONSEQUENCES
OF THESE ACTIONS.”**

- STEPHEN R. COVEY



Verbal abuse and harassment in public

This summary does not cover every eventuality but intends to outline some of the possible criminal offences that may be committed. It should not be treated as legal advice and is not meant to be an exhaustive account of this area of law.

charge a person with a criminal offence when committed. Following investigation, the decision whether to

Where a series of existing offences – including [harassment](#) and [public order offences](#) – are committed, and such an offence was motivated by hostility to race or religion, or was accompanied by hostility to **race or religion**, a separate racially or religiously aggravated offence is committed attracting a greater penalty. For further details, see the CPS-published [guidance on this website](#). For those offences not covered but where hostility or hostile motivation towards race or religion is present, or hostility or hostile motivation towards **disability, sexual orientation, or transgender** is a motivating factor at sentence and stated as such in open court.

It should be borne in mind that any non-physical offence - such as those outlined below - **can also be committed online**.



Using your actions and words with care.

What you do, say and share online can have a big impact on the way other people feel, as well as how others perceive you. When emotions are high, take a moment to reflect and continue when you're feeling calmer.



Knowing it's never too late to talk to an adult about something you're experiencing online.

Even if you're worried it might be uncomfortable, or you think you've done something wrong, speaking to someone is the first step in getting support and moving forward.

UPSTANDER

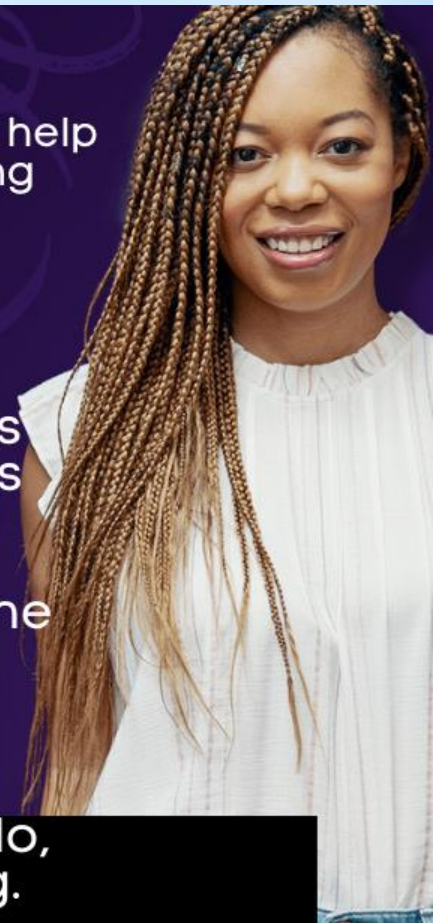
Someone who stands up or speaks up when someone is being wronged.

- Yells, "Stop" or lets the aggressor know that it is not okay
- Lets the victim know they are not alone
- Gets help
- Encourages others around to be upstanders, too

BYSTANDER

Someone who does not help when they see something wrong.

- Sometimes laughs along.
- Sometimes tries to ignore what is happening.
- Expects someone else to do something.
- Does not know what to say or do, so does nothing.



T H I N K

BEFORE YOU SPEAK:

IS IT... **T** R U E ?

IS IT... **H** E L P F U L ?

IS IT... **I** M P O R T A N T ?

IS IT... **N** E C E S S A R Y ?

IS IT... **K** I N D ?

There is only one you...



...but you are not alone.