

ANTI-BULLYING WEEK 2024

11<sup>th</sup>-15<sup>th</sup> November

CHOOSE

RESPECT

Odd Socks

Day 2024



Friday 15<sup>th</sup>  
November



ANTI-BULLYING  
ALLIANCE



[https://youtu.be/sZ\\_CkltlgS4](https://youtu.be/sZ_CkltlgS4)



## WHAT IS BULLYING?

Anti-Bullying Alliance's Definition:

The **repetitive, intentional hurting** of one person or group by another 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.



**How well do we, as a society, show respect to one another?**

## WHAT IS RESPECT?

Oxford Languages definition:

**Have due regard for (someone's feelings, wishes, or rights).**

## RESPECT IN ACTION



Demonstrating respect for others, self-respect, and being respected are interlinked elements essential for fostering healthy and positive interactions.

# WHO CAN YOU SPEAK TO AT SCHOOL?

A large, empty purple square box with a white border, intended for a student to write the name of their form tutor.

**Form Tutor?**

A large, empty purple square box with a white border, intended for a student to write the name of a member of the pastoral team.

**Pastoral Team?**

A large, empty purple square box with a white border, intended for a student to write the name of a staff member.

**Staff member?**

# Reporting Bullying Online at St Mary's

## PUPILS

Email Login

Bullying

Pupil Council



How to report a bullying incident

## Anti-Bullying Report Form

Please complete the form below to report any bullying issues you may have encountered within St Mary's Catholic High School.

**First Name \***

**Last Name \***

Please enter your first name

Please enter your last name

**Year Group\***

- Year 11
- Year 10
- Year 9
- Year 8
- Year 7



# ANTI-BULLYING WEEK 2024

## VERBAL BULLYING

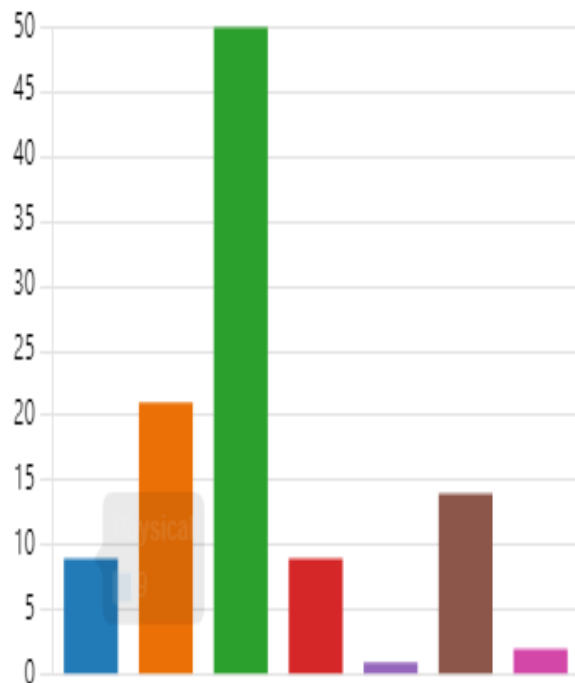
 ANTI-BULLYING  
ALLIANCE

## VERBAL BULLYING DATA

4. What type of bullying do you feel is the biggest concern at St Mary's, or out of school?

[More Details](#)

Physical	9
Online	21
Verbal	50
Emotional	9
None of the above	1
I am not aware of any bullying a...	14
Other	2



- In November 2023, 106 pupils at St Mary's completed a survey about Bullying.
- 50 pupils (47%) said that verbal bullying is the biggest concern in or out of school.
- This also links in with a study carried out from the Office of National Statistics. They carried out a crime Survey for England and Wales and found that 10-15 year olds were more likely to experience verbal bullying than any other type of bullying.

## WHAT IS VERBAL BULLYING?

- Verbal bullying is when someone uses words to hurt or scare another person.
- It may cause the bully to feel powerful or in control of their target.

# VERBAL BULLYING

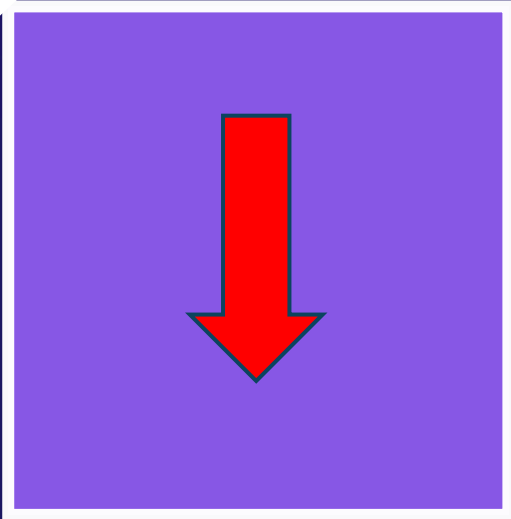
Verbal bullying may consist of any of the following:

- Name calling
  - Teasing
  - Gossip
- Slander- making false statements/rumours about someone
  - Put downs
  - Mimicking others
- Verbal threats of physical violence

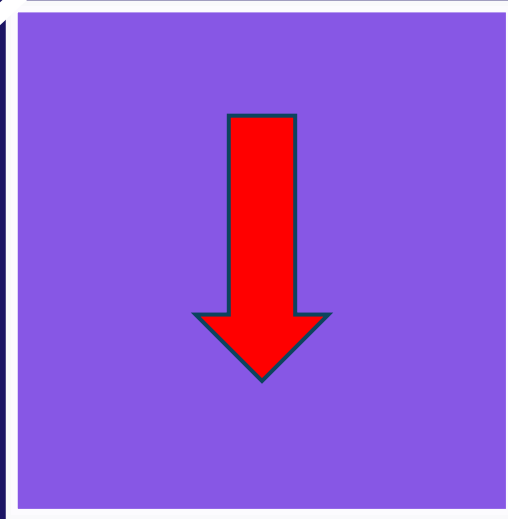
# THE EFFECTS OF VERBAL BULLYING ON AN INDIVIDUAL

1. Poor self-esteem
2. Inability to tell truth from lies
3. Approval addiction formed by the victim, out of a need to please another individual due to past historical bullying
4. Depression
5. Feelings of helplessness, or that the victim has no choice but to obey their bully
6. Thoughts of suicide
7. Shyness
8. Panic attacks
9. Not being able to sleep
10. Nightmares

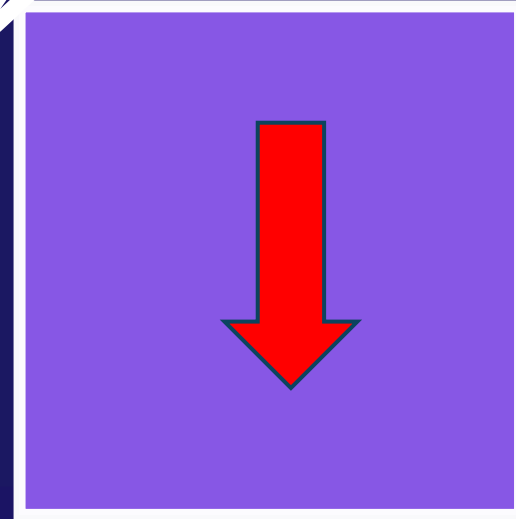
# THE IMPACT OF VERBAL BULLYING- IN SCHOOLS



Confidence/Self-Esteem



Attendance



Academic Progress



ANTI-BULLYING  
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## **TAKEAWAY MESSAGE**

*Here at St Mary's, we have a zero-tolerance approach towards bullying. We are all unique and special in the eyes of God. Respect one another and allow our 'Lights to Shine'.*

**TAKEAWAY MESSAGE-  
'CHOOSE RESPECT'**

*Respect is to help others feel safe and help them express themselves. This coincides perfectly with our school motto to 'Let Your Light Shine'. If you see someone getting bullied, do not be afraid to speak up and stand up for what is right (St Mary's Anti-Bullying Ambassador Team).*



## **PUPIL QUESTIONNAIRE**

**We actively encourage you all to complete the Anti-Bullying questionnaire. This will be sent via a link, to all pupil e-mail addresses. The deadline to complete the questionnaire is Monday 18th November.**

**Your voice matters! You can make a change!**