



ANTI-BULLYING WEEK 2025

POWER
FOR
GOOD

#ANTIBULLYINGWEEK

Monday 10th to
Friday 14th November



**Odd
Socks
Day**



Monday 10th
November



ANTI-BULLYING
ALLIANCE





WHAT IS BULLYING?

Old Palace Anti-Bullying Policy States:

Bullying is intentional behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone.

It can happen anywhere – at school, at home or online. It is repeated, usually over a long period of time and can hurt a child both physically and emotionally.

WHAT IS BULLYING?

Bullying can take different forms. It could include:

Physical bullying: hitting, slapping or pushing someone

Verbal bullying: name calling, gossiping or threatening someone

Non-verbal abuse: hand signs or text messages

Emotional abuse: threatening, intimidating or humiliating someone

Exclusion: ignoring or isolating someone,

Undermining: constant criticism or spreading rumours, controlling or manipulative behaviour

sexual: unwanted physical contact or sexually abusive comments

making silent, hoax or abusive calls

The following types of bullying are also hate crimes:

racial, misogynist/misandrist or homophobic bullying, bullying someone because they have a disability”

Impacts of bullying

Children and young people who have experienced bullying are more likely to...

- Face barriers to learning
- Place strain on their families/carers
- Self harm and experience depression
- Have impaired wellbeing
- Miss school - Truanting
- 3 times more likely to be excluded from school

Online Bullying

Online bullying, or cyberbullying, is when someone uses **digital technology** like phones, computers, and social media to harass, threaten, or humiliate another person. Unlike traditional bullying, it can happen **anytime and anywhere**, as it can follow a person through their devices, and victims **may not know who is doing it**.

It can include:

- Threatening or abusive messages
- Shaming or public embarrassment (like spreading rumours, posting embarrassing photos/ videos or creating fake accounts).
- Exclusion
- Encouraging self-harm
- Trolling (posting upsetting comments to provoke a reaction)
- Blackmail or coercion: forcing someone to do something by threatening them

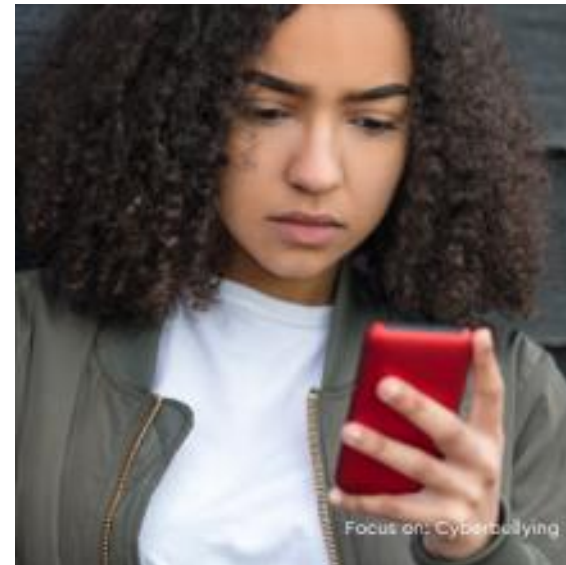
Online Bullying: Where and How?

COMMUNICATION DEVICES

Gaming Consoles
Laptops
Personal Computers
Mobile Phones
Smartphones
Tablets

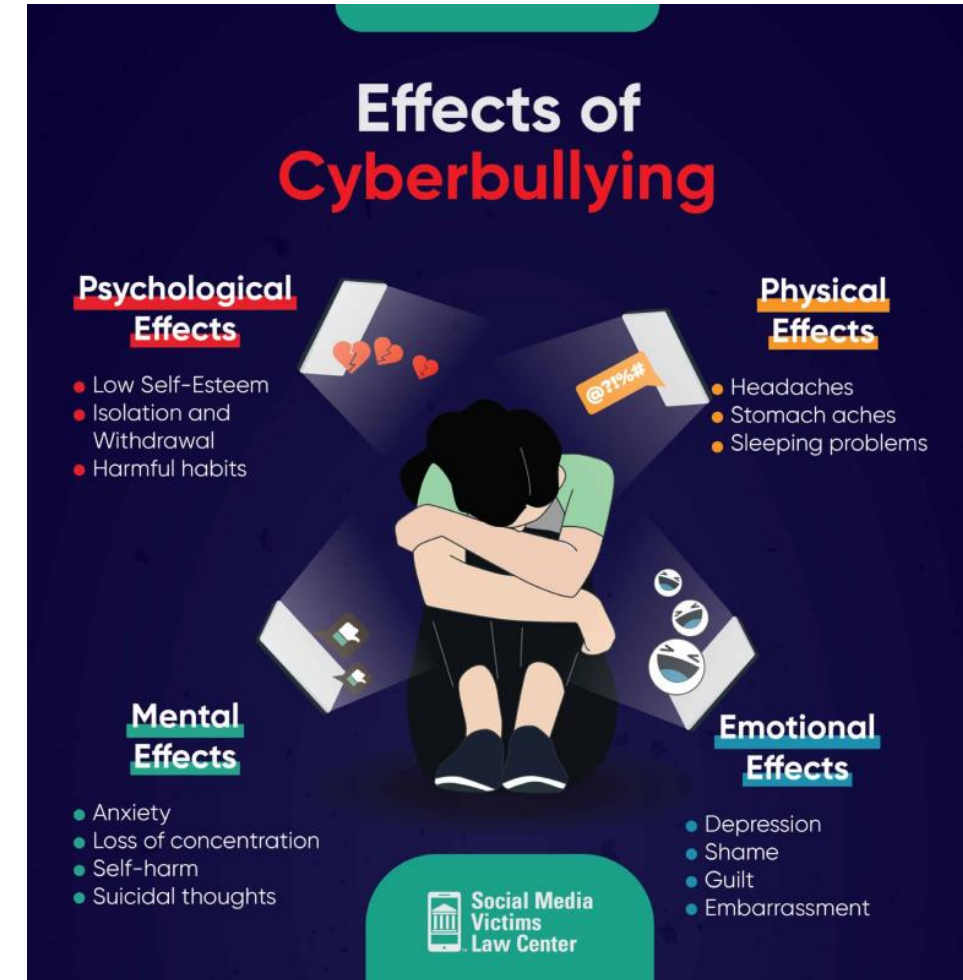
WEBSITES, APPLICATIONS OR OTHER SERVICES

Email
File sharing sites
Instant Messaging
Multimedia text messages
Phone calls
Social networking sites
Text/Audio/Visual Chat programmes
Text Messages



Things that make online bullying different to 'traditional bullying':

- **24/7 nature:** the nature of online activity means you can be in contact at any time.
- There is the potential for a **wider audience** and bullying incidents can stay online, for example: a photo that you can't remove.
- **Evidence:** a lot of online bullying incidents allow those experiencing it to keep evidence, such as capturing screenshots, which can be presented to school staff or law enforcement if needed.
- Potential to **hide your identity:** it is possible to hide your identity online which can make online bullying incidents very scary.
- **Degree of separation:** people who bully online often don't see the reaction of those experiencing it so it can sometimes be harder for them to see the impact of their actions.



Prevalence of online bullying

There are many statistics relating to levels of online bullying. Some have found:



- A review of 35 studies on cyberbullying concluded that around 24% of children and young people will experience some form of cyber bullying
- The most common way for children to be bullied via technology was through text or messaging apps (56%), followed by social media (43%) and online games (30%).
- Name calling is the most common type of online bullying.

Ways to help

Ways to prevent online bullying:

- Set privacy settings on all accounts (parental controls)
- Don't add any contacts or users you are unsure of
- Protect your accounts by not sharing passwords
- Think before you post – be mindful of what you are sharing online
- Be present and involved when children are online, having open conversations
- **Limit screen time** and promote offline activities- this will also support your child's mental health. Screens should **not be used for at least 1 hour before bedtime.**

When online bullying occurs:

- Do not respond or retaliate.
- Screenshot any evidence – messages, posts, usernames
- **REPORT** – report to the school, to the social media platform itself, the police for threatening or criminal content, or organizations like CEOP

Harassment

From the age of 10, online bullying can be reported to Police under the category of 'harassment' for more than 1 incident in a 6 month period.

Potential referral to the Police engagement team or youth offenders team.

This will help support them with safer behaviours.



What we do at Old Palace

Reporting Bullying:

Once a child or staff makes a claim:

Staff will listen to the child and assure them that their concerns are being taken seriously.

The relevant year leader will investigate, listening to all the children involved recording their findings.

Where it is determined that bullying has taken place, the parents of the victim and perpetrator will be informed, and parents will be invited to attend a meeting at the school to discuss the incident. A Bullying Incident form will be completed, and the victim and their parents will be asked to sign it to show they are aware of how the incident has been dealt with. The perpetrator/s will receive an appropriate consequence. The minimum consequence is ordinarily an internal exclusion. Staff will provide support to the child/children being bullied, any children who witnessed the bullying and the child/children who has been accused of bullying. They will continue to monitor the situation and will update the Bullying Incident form a few weeks after the incident to confirm whether the bullying has stopped. When appropriate the police will be involved and if needed counselling can be arranged.

Where a parent has raised the concern, but no evidence of bullying can be found, a form will be completed as evidence that the incident has been investigated, and the parents will be asked to sign. The team will continue to monitor the situation to ensure it does not escalate.

Bullying Form



Claim of Bullying Form

Name of Victim:

Recorded by:

Date:

Time:

What happened and where:

Who did you tell?

Action taken:

--

Date:

Parent Comment:

Date:

Staff Signature: date:

Child Signature: _____ date: _____

Parent Signature: _____ date: _____

Follow up meeting:

--

Date:

Parent Comment:

Date:

Responding to Discriminatory Incidents

The use of discriminatory language can be a form of bullying. When this occurs:

The year leader will investigate the incident and record their findings

If discriminatory language has been used, a Discriminatory Incident form will be completed. A copy of this form will also be sent to the local authority.

In the first instance of use of discriminatory language within the academic year the child will receive a repair session and the class teacher and year lead will have a discussion with the child. Should any further discriminatory incident occur from that child in the year, a one-day internal exclusion will then be given.

Staff will provide support to the victim, any children who witnessed the incident and to the perpetrator/s. On some occasions additional guidance may be provided through class circle time or phase assemblies

The year lead will continue to monitor the situation to ensure there is not a repeat of this behaviour.

WHAT IS ANTI-BULLYING WEEK?

Anti-Bullying Week is an annual UK event, held in the third week in November which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it. It started in 2002 and has since grown to become a significant event in the calendars of children, families and schools with an estimated



80%

of schools in the UK taking part reaching over

7.5 million

children and young people¹.

WHY IS IT NEEDED?

Bullying has a significant impact on a child's life and this can last well into adulthood with adults who were bullied as children being more likely to³:



Experience
a range of
mental health
issues



Earn less
money



Be
unemployed



Be
obese



Not be in
a stable
relationship



Leave school
with no
qualifications

The Theme for Anti-Bullying Week this year is
POWER FOR GOOD.

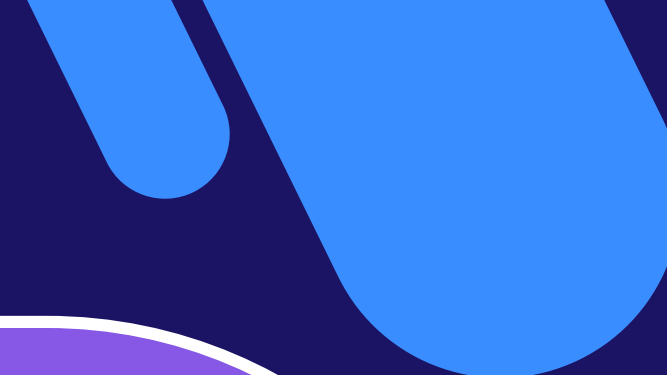
For children to empower themselves to do something positive to counter the harm that bully causes.

Anti-Bullying Week aims to empower children and young people to use their Power for Good, to Speak Out, Support others and build a world where kindness wins.

HOW CAN YOU USE YOUR POWER FOR GOOD?



- **Using kind words** to make someone's day better.
 - **Standing up** for someone being left out.
 - **Including others** in games or groups.
 - **Telling a teacher** when someone needs help.
 - **Encouraging** someone who feels shy or worried.
- 



Activities

5 sessions covering Bullying.

The final session will be about using Power for Good

Anti- bullying launch assembly

Odd Sock Day

Design Competitions

Anti-bullying assembly – to share learning



Competitions

EYFS and KS1

Design a pair of Odd socks

Anti-Bullying Week EY & KS1 Odd socks competition

Your child can design a pair of odd socks, they should make it as creative as they want, but each sock must look very different. To be entered into the Odd sock competition all entries must be received on Thursday 13th November. Good Luck!

Name: _____ Class: _____



KS2

Anti-bullying week competition: Design a poster that helps promote Anti-bullying, make sure the theme 'Power For Good' is included in your design.

Due: Thursday 13th November 2025

Name: _____

Class: _____

Parent and Carer Pack

Anti-Bullying Week 2025: Power for Good

Monday 10th to Friday 14th November 2025



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For more information about Anti-bullying week you can find the Parent and Carer's pack from the Anti-bullying Alliance by clicking [Here](https://www.anti-bullyingalliance.org.uk)