



Choose Respect

Anti-Bullying Week 2018

Senior Prefect Team



Anti-Bullying Week 2018



- 12th-16th November
- This year the theme is 'choose respect'
 - Due regard for the feelings, wishes, or rights of others.
 - Treating others fairly
 - Not discriminating against others
- Life is easier if you choose respect
- Respect in return



Why Choose Respect?

- What is respect?
- You can still disagree but be respectful
 - Be tolerant
- Take home point is Manners



Impacts and Extent of Bullying

- **Bullying gives rise to mental health issues such as anxiety and depression**
- **These mental health issues have a direct link to suicide**
- **75% of the recorded 5,821 suicides in 2017 in Britain were men**

Types Of Bullying



- **Bullying is a choice**

- **Types of bullying**
 - **Homophobia**
 - **Racism**
 - **Cyber Bullying**



Bullying or Banter?

- There is a huge difference between these two words; banter is friendly whereas bullying has a detrimental effect
- You need to be able to distinguish clearly between bullying and banter
- Think before you speak



Banter or Bullying?



What to do if you Experience Bullying

- It does not matter who it is that you suspect is being bullied, it remains vital that you seek/offer support
- Where is support available:
 - In-school support systems
 - Friends and family
 - Specialist charities and organisations
 - Your peers