



FROM THE DIANA AWARD

BEING THE UPSTANDER



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STAND UP IF_

**YOU BELONG TO A SPORTS
TEAM**

**YOU HAVE A BEST
FRIEND**

YOU LIKE PIZZA

**YOU HAVE SEEN BULLYING
HAPPEN OR EXPERIENCED IT**

**YOU HAVE STOOD UP FOR SOMEONE ELSE
AND BEEN THE 'UPSTANDER'**



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OUR SCHOOL DEFINITION

Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or group towards other people. It is repeated over a period of time and it is very difficult for the victims to defend themselves. (remember **STOP** – it happens **Several Times On Purpose**). Bullying is mean and results in worry, fear, pain and distress to the victims.

WHAT IS BULLYING?

“REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE.”

The Diana Award definition

WHAT IS BULLYING?



VERBAL

The repeated negative use of speech, sign language, or verbal gestures to intentionally hurt others.



INDIRECT

The repeated negative use of actions, which are neither physical nor verbal, to intentionally hurt others.



PHYSICAL

The repeated negative use of body contact to intentionally hurt others.



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<https://www.antibullyingpro.com/listen-up-you-bullies>

BYSTANDER

VS

UPSTANDER

A bystander is someone who sees or knows about bullying or other forms of violence that is happening to someone else, but takes no action to address it or report it.

An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up and do their best to help, protect and support the person.



THE BYSTANDER EFFECT

Where people don't help someone else in need because they think 'someone else must have/ will help them'.

WHAT IS THE IMPACT OF TOO MANY BYSTANDERS?

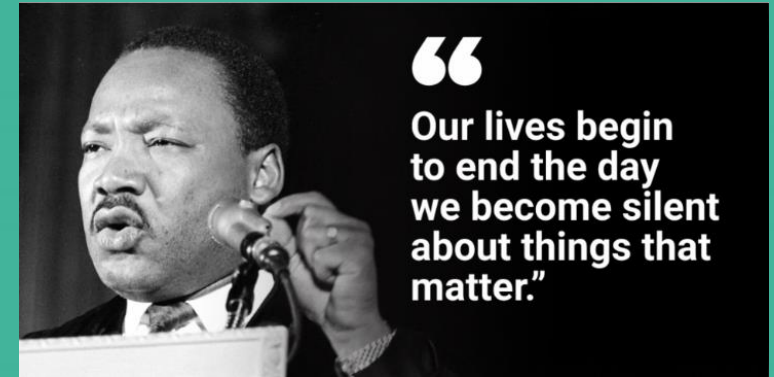
When there is an emergency or difficult situation, the more bystanders there are, the less likely it is that any of them will actually take action and help.



FAMOUS UPSTANDERS_

MARTIN LUTHER KING

Drove influential change in America for ending segregation for African American Citizens in the 1960's.



PRINCESS DIANA

Was a tireless campaigner for a number of charities and believed that young people have the power to change the world.



FAMOUS UPSTANDERS_

NELSON MANDELA

Led the anti-apartheid revolution in South Africa and was the country's first black Head of State.



ELLEN DEGENERES

American comedian and actor who influenced Americans' attitudes about gay rights, including marriage.



10 WAYS_ TO BE AN UPSTANDER

HELP
OTHERS
WHO ARE
BEING
BULLIED

STOP
HARMFUL
MESSAGES
FROM
SPREADING

GET
FRIENDS
INVOLVED
IN
SUPPORT

GET YOUR
STAFF
INVOLVED
IN ANTI-
BULLYING

LEARN
TO SPOT
SIGNS
OF
BULLYING

BE
FRIENDLY
TO SOMEONE
YOU DON'T
KNOW

SUPPORT
AND
WELCOME
NEW
STUDENTS

TALK
ABOUT
YOUR ANTI-
BULLYING
POLICY

ACCEPT
AND
PROMOTE
DIVERISTY
&
DIFFERENCE

REFUSE
TO
BE
A
BYSTANDER

HOW TO SUPPORT A PEER

1. Thank them for confiding in you.
2. Say 'In your own time tell me what's been going on'.
3. Allow others to come up with their own solutions.
4. Say 'You can talk to me, but I can't promise to keep a secret as if you or someone else is at risk of harm, then I have to tell a responsible adult in school'.



OUR SCHOOL AND THE ANTI-BULLYING AMBASSADORS

AND WHAT WE PLAN TO DO OVER THE NEXT FEW MONTHS

- Our School's Ambassadors:
- Year 7 – Ashling, Riley and Aiden
- Year 8 – Georgia and Faith
- Year 9 – Phoebe (Lead Ambassador), Tom and Adrianna
- Year 10 – Phoebe, Lora and Zuzanna
- Year 12 – Tasmin
- Staff – Mrs Gray and Mr Kemp

In the future, we plan to train more people to become ambassadors, and we plan to be a host school with the Diana Award to help train other people from other schools

What we are doing within the school:

Assemblies

Presentations for parents

Posters, TV screens, Facebook posts

Notice Boards in the Canteen

School Surveys

Student Friendly Bullying Policy

SHOULD YOU EVER WANT TO REPORT SOMETHING, BUT DON'T WANT TO TALK TO SOMEONE IN PERSON, YOU CAN USE THE EMAIL ADDRESS antibullying@mynhs.net AND SOMEONE WILL BE IN TOUCH WITH YOU

