

The background features a teal color with several large, stylized arrows pointing upwards and to the right. One arrow is solid teal, another is white with a teal dot pattern, and a third is white with teal diagonal lines. In the bottom left corner, there is a small black silhouette of a person's head and shoulders.

Anti- Bullying Week – Change starts with us 11th-15th November

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

Need to talk?



If you are struggling with anything then you can talk to your:

Tutor, Head of Year or any other Teacher...

...Did you know you also have the following options;

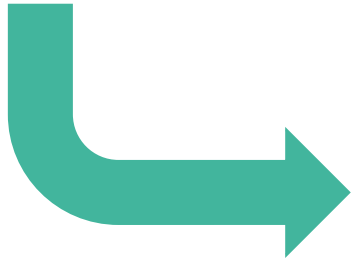
- Mrs Atkinson is our school counsellor, you can drop into her at lunchtime (before 1:20) on a Wednesday or Thursday or email her...4179jat@gmail.com
- Mr Carr comes into school to talk to students...ask your Head of Year
- Jo Creighton is available to sixth formers on a Monday for counselling
- Mrs Butler and Mrs Vining are ELSA trained and available for appointments or in room 9
- You can talk to Mrs Gray or Mr Kemp or one of our Anti-Bullying Ambassadors...email us...AntiBullying@mynhs.net
- Wii club is in room 6 on a Monday lunchtime for year 7 only
- Mr Sharpe has appointments available, made through your head of year



WHAT HAVE WE BEEN DOING?

CAKE SALE
YEAR 7 DISCO
OPEN EVENING STAND
NEED TO TALK? POSTERS
DISPLAY BOARD
LEAFLETS
ASSEMBLIES

CHANGE STARTS WITH US

A large purple banner with a diagonal line pattern. It contains text and logos for 'Change Starts With US', 'Anti-Bullying Week 2019', and 'Odd Socks Day 2019'. There are also smaller teal arrows and a dotted pattern on the banner.

CHANGE STARTS WITH US

ANTI-BULLYING WEEK 2019
11th - 15th November

ODD SOCKS DAY 2019
12th November

#ANTIBULLYINGWEEK



Change Starts With Us!

- VIDEO LINK: <https://youtu.be/oAmVkVEmOP4>



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.





MAKING YOUR PLEDGE TO STAND UP

TO MAKE YOUR 'UPSTANDER' PLEDGE

1. Pick up your pledge card and pen.
2. Think about what pledge you want to do; what would make a difference to someone else's life?
3. Write your pledge on your card.
4. Hand your pledge card to an Anti-Bullying Ambassador on your way out.
5. Make your pledge happen from now on!



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



**We're wearing Odd Socks
for Anti-Bullying Week. Will you?**

Odd Socks Day - Tuesday 12th November
#OddSocks #AntiBullyingWeek

