

Anti-bullying week 2017

13th-17th November 2017

Is it bullying?



When someone says or does something unintentionally hurtful and they do it once, that's **RUDE**.



When someone says or does something intentionally hurtful and they do it once or maybe twice, that's **MEAN**.



When someone says or does something intentionally hurtful and they keep doing it- even when you tell them to stop or show them that you're upset- that's **BULLYING**.

It is important to help children understand that not every action that upsets them is bullying. Sometimes no harm was intended, and sometimes the incident is just a one-off.

Anti-bullying educator Signe Whitson has written more on this – have a look at [this article](#).

Dear Parent/Carer,

Next week is national Anti-bullying week.

During Anti-bullying week we will be working with the children on two key themes –

- **Is it bullying?**
- **Don't just say sorry**

Your child will work on creating something to show you what they have learnt at the end of the week – this might be a short comic strip or something similar that shows how an unkind situation can be handled.

During anti-bullying week, you might want to talk with your child about the two themes and what they understand about them.

You can find out more about these themes by following the links on this flyer.

Jim Roebuck
Deputy Headteacher

Don't just say sorry

As young children develop, they begin to become more aware of how other people are thinking and feeling (developing empathy). There is a growing body of research that suggests that it is helpful to teach children to **do something to help** when they hurt or upset someone else. If all they do is say “sorry”, they do not have to think about how the other person is feeling at all.

Here are a couple of articles explaining more:

[What to Say to Little Kids Instead of “Say Sorry”](#)

[Why We Shouldn't Make Young Children Say Sorry](#)

