



SPECIAL EDITION GORDONBROCK WEEKLY

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WEDNESDAY 30TH NOVEMBER 2022

Every year, we mark Anti-bullying Week (organised by the Anti-Bullying Alliance) and this year is no different.

At Gordonbrock, we acknowledge that pupils may be bullied in any school or setting, and recognise that preventing, raising awareness and consistently responding to any cases of bullying should be a priority to ensure the safety and well-being of our pupils.

Children at Gordonbrock know that every week should be anti-bullying week!

Our aim is that through the creation of an ethos of good behaviour, where children treat one another and the school staff with respect, incidents of bullying are minimised. If bullying does occur, incidents are seen as serious.

We recognise that all forms of bullying, especially if left unaddressed, can have a devastating effect on individuals; it can create a barrier to learning and have serious consequences for mental wellbeing.

We believe that children being bullied should be supported and assistance should be given to uphold their right to play and live in a safe environment which allows their healthy development.

Mrs Wright

ANTI-BULLYING WEEK 2022 'REACH OUT' CALL TO ACTION



Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

ANTI-BULLYING ALLIANCE

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

The most important thing is that Anti-Bullying Week helps raise awareness of bullying amongst children and young people and helps schools to tackle bullying taking place both online and face to face.





What is bullying ?



We consider bullying to be behaviour by an individual or a group that is: deliberately hurtful (physical, verbal or indirect); repeated, often over a period of time; intentionally hurtful to another individual or group either physically or emotionally, difficult for victims to defend themselves against; and unprovoked.

Antibullying week & the UN Convention on the Rights of the Child

At Gordonbrock School, we are proud to have achieved the Unicef UK Silver - Rights Aware Award for our rights-respecting work.



The children at Gordonbrock know that they have rights which are protected by a treaty that their government has agreed to. They know that these rights are for all children and are unconditional.

The Convention has 54 articles that cover all aspects of a child's life and set out the civil, political, economic, social and cultural rights that all children everywhere are entitled to. It also explains how adults and governments must work together to make sure all children can enjoy all their rights.

During Anti-Bullying Week, we discussed, in assemblies and classes, what bullying was and thought about it in connection with three articles from the Unicef Convention on the Rights of the Child. These articles are:



Article 2 - Non-discrimination The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.



Article 12 - Respect for the views of the child Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right always applies, for example during immigration proceedings, housing decisions or the child's day-to-day home life.



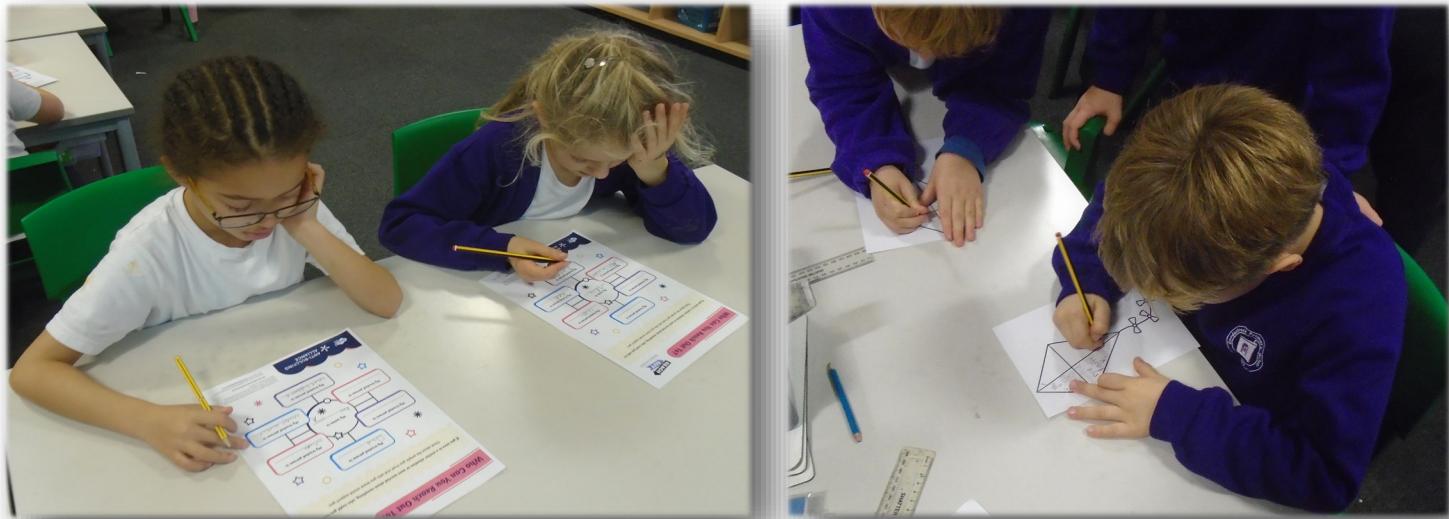
Article 19 - Protection from violence, abuse and neglect Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.





A big part of the work we did during Anti-Bullying Week 2022 was thinking about who we could reach out to and how we could reach out to others who needed support.

We spent time talking about 'trusted adults', why they are important and identifying who our trusted adults were.



We have turned our into some lovely displays!



What is a 'Trusted Adult' ?

A trusted adult is someone a child can talk to about anything. Maybe it's someone they can talk to if they need help or someone who makes them feel happy when you're around them. It could also be an adult who has helped you before.

Why is having a trusted adult so important?

For children, knowing that they have a trusted adult in their life is important. That way, if something happens that makes them feel scared, uncomfortable, worried or even happy, they have someone they can share those feelings with.

Having someone you trust and someone to talk to can help children feel safe and less alone. Trusted adults can be different for everyone. Maybe the trusted adult in your life is your teacher, but your friend says his trusted adult is his grandpa. We can also have different trusted adults for different situations in our life.





Parent / Carers are a vital part of the conversation when it comes to tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive ways you can help start the conversation with your child.

Be Kind & Respectful to Others

Adults have a vital role to play in modelling positive relationships. Children are always watching the adults around them. It's important to talk kindly about other people and support your child to be kind and respectful to others, challenge behaviour that is hurtful or offensive and show your child that you reach out to others who may be seen as 'different', lonely or isolated.

Discuss How to Handle Difficult Situations

It is likely that your child will experience friendship difficulties as they grow up. Discuss the different options they have in these situations, what they could say or do, and who else could help.

Grow in Confidence

We all have times when we feel shy and self-conscious. Some children are naturally more confident than others, others are quieter, and happy with their own company or with the company of a small group of friends. If your child is unhappy consider activities and groups outside of school that might help your child develop more confidence (e.g. sports, Scouts and Girl Guides, arts and drama, martial arts, volunteering).

Recognise & Stand Up To Injustice

Help your child to understand that throughout history people have not always been treated with kindness and respect. Support your child (in an age-appropriate way) to understand prejudice and inequality. There are many good books and resources available on these issues. Make these discussions part of your everyday life. Talk about how they would respond if they were targeted in this way or witnessed behaviour or language that targeted difference and what actions they could take. Be clear that it is never okay for a child to experience prejudice.

Establish Physical Boundaries

Help your child to understand that their body belongs to them, and that everyone has their own physical boundaries. This means it is not okay to be rough with other people, or to touch, hug or grab them without their consent. It is never okay for someone to physically hurt someone else and children need our help and guidance to learn to give people personal space.

Understand True Friendship

Parents / Carers can teach children about the qualities of a true friendship such as kindness, respect, boundaries, laughter, forgiveness, and trust. This will help children recognise if others are unkind or manipulative towards them. Encourage your child to be open to friendship rather than insisting on one best friend.





Anti-Bullying Week Activities for Home

Being Me- help your child celebrate who they are

Help or ask your child to draw round their hand. Ask them to write or draw on each finger one thing they like to do. Ask them to write or draw on their thumb one thing they would like to do.

Talk about what makes them special and unique, how we are all different, and that sometimes we like the same things, sometimes we like different things and that is okay!

Finding Friendship – understanding the true meaning of a friend

Draw an outline of a person, or you could find one on the internet. Draw or write pictures or words to describe all the things that make up a good friend in or around the outline. Alternatively, you could cut out pictures from newspapers or magazines of words or photos that represent friendship.

Use this to talk about what is important in a friend (e.g. a big heart, a smile, kindness, trust, fun).

Finding Friendship – understanding the true meaning of a friend

As your child grows older, they may have already established their friendship group, or they may still be struggling with what it means to be a friend and finding it hard to develop positive relationships. As their parent you have a vital role to play in encouraging positive relationships. Help them think about their current friendships and the qualities they value in their friends. If they have a phone, they could share with you their favourite photos or videos of their friends. Talk about what makes a good friend, times their friends may have let them down and how they dealt with it.

Me and my power – learning to be assertive

Assertiveness is not shouting or demanding your own way, it is having the power to stand up for yourself and for other people. Help your child understand how important it is to say no or stop to something that makes them feel scared or they do not like.

Practice saying no and stop in a firm clear voice. You could then combine this with sitting or standing in a position that makes them feel calm and powerful. It may help to read books or watch TV programmes with characters demonstrating assertiveness.

Being the change

Children and young people have a huge capacity for challenging injustice and bringing about positive change. It is important as parents that we encourage this and help children identify their values and their passions.

Explore with your child what really matters to them and what they would like to change. Once they have found their passion, help them think about positive actions they can take. For example, if their passion is climate change, they could research books and podcasts to listen to, find out what personal action they can take (e.g. reducing plastic use) and write to their local MP.

Showing kindness – “Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” – Princess Diana.

There are always opportunities in every day to show kindness to someone. Work with your child to think of lots of random acts of kindness you could do. Write these on paper or post-it notes and pop them in a jam jar. Pull one out every day and have a competition as a family to see who has managed to do the act of kindness!





Cyber Bullying: Cyber bullying is any form of bullying which takes place online or through smartphones and tablets.

The internet is an amazing resource and can be used in a number of positive ways. However, content posted online can be easily misunderstood by others and taken out of context. It is important for young people to recognise the importance of 'thinking before you post' and the need to respect their friends' and peers' thoughts and feelings online. What's considered morally right and wrong offline must also be thought of in the same way online, and treating others with respect on the internet is a good way to ensure that online situations are less likely to escalate into cyberbullying situations.

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**What can
I do as
Parent?**

The best way to keep your child safe online is to **take an active interest**. They need your love and protection online as much as they do in the real world.

Know what your child does online. Talk to your child about what they do online and what they want to do online. Ask them about the kind of sites they go on and who they talk to and be clear what you don't want them to do online.

Talk about the **difference between friends and followers** online and the importance of having a circle of trust. You could draw this circle of trust on a piece of paper and ask them to put in the circle those people with whom they feel they can share their thoughts and feelings. Who would be outside of that circle of trust? Why might it be important to be careful what you share with others – particularly online?

Discuss cyberbullying: be proactive in discussing cyberbullying with your child; how it occurs, why it occurs, the consequences of such behaviour and who to report any concerns to.

Help with setting up your child's profiles. Use their nickname and a profile picture of their pet or favourite band, rather than themselves, and encourage them to only be friends with people they know in real life. Avoid sharing personal information like school, age, and place they live.

Spend time together looking at the **privacy settings**. It's always best to assume that default settings are public and should be changed accordingly.

Get the low down on sites, games, and apps. You will probably use social networks yourself, but you might want to know about new ones that your child is using or wants to use. Use them yourself and set up your own account so you can experience what your child might see. There are also many child-friendly social networks they could use while they get ready for the likes of Snapchat and Instagram.

Whatever device you choose, there are **free controls** you can use to stop your child from purchasing and using certain apps, seeing certain content, or limiting what they can share with others, like their location for example.

Talk to your child about **making positive choices online**. Here are some conversation starters:

Advice you can give your child:

Who do they want to be online? Talk to your child about how the things they do online paint a picture of themselves, so they shouldn't post things without thinking about it.

Make sure your child knows they can **share anything that upsets them online with a trusted adult**.

How much should they share about themselves? Talk to your child about the risks of sharing, identifying where they live or go to school, and what people online might do with that information. Talk about what the risks might be of sharing personal thoughts and feelings.

Never to retaliate – remind your child that saying mean things back to a bully makes the situation worse.

Save the evidence – encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult.

How to report and block - explore the games and apps your child uses together and find report and block buttons to understand what they do.

For more sources of information regarding cyberbullying and online safety please visit our online safety page on the website: <https://www.gordonbrock.lewisham.sch.uk/online-safety/>

