



Anti-Bullying Week

Parents' Coffee Morning

'Power for Good'

14th November 2025





We are the Anti-Bullying Ambassadors

Let us introduce ourselves...





What Is Bullying?

The Anti-Bullying Alliance defines bullying as:

“The repetitive, intentional hurting of one person by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online”.





Types of Bullying

There are four types of bullying...

✔ Verbal

✔ Emotional

✔ Physical

✔ Cyberbullying



Effects of Bullying

- ✓ Makes people feel sad, scared, or alone.
- ✓ Can lead to stress, anxiety, and low self-esteem.
- ✓ Affects learning and concentration at school.
- ✓ In severe cases, it can lead to depression or harm.



Why We Must Stop Bullying



✔ Bullying is not okay.

✔ Everyone deserves respect.

Conflict versus Bullying



Sometimes we can confuse falling out with our friends, with bullying.

What bullying isn't...

Conflict is NOT the same as bullying.

Whilst arguing, verbal abuse, ignoring, rough play, and being mean are unkind and against the rules, they are not necessarily bullying.

Fighting implies a 2 sided problem...not bullying.

Bullying is...

Bullying is characterised by **intention** (when someone wants to harm you) and **repetition**.



Is it Bullying?



Scenario: Jamie is playing with a ball at playtime. Sam asks to join, but Jamie says, "No, I want to play on my own today."

Is it Bullying?



Scenario: Some children in class make up a story that Mia cheated on her test and tell others not to be her friend. Mia is upset because people keep saying it.

Is it Bullying?

Scenario: Every day at lunch, Ella and her friends call Ben 'shorty' and laugh at him. Ben asks them to stop, but they don't.



How we Prevent Bullying



At Shobnall Primary & Nursery School we...

- ✔ Tell a grown up at school or at home
- ✔ Treat Everyone with Respect
- ✔ Speak Up and Support Others - we are 'upstanders' not 'bystanders'
- ✔ We tell a friend or an Anti-Bullying Ambassador who can speak up for us
- ✔ We can put a note in our class Worry Monster



Role of Teachers and other staff

- Grown ups listen to you and make a note of what you say.
- They will work with you and the bully or bullies to sort things out.
- They will speak to your parents/carers and the bully or bullies parents/carers.
- They will check in with you until the bullying has stopped.
- They will check that the bullying does not start again.



How we promote Anti-Bullying



We celebrate Anti-Bullying week every year.

We wear odd socks to celebrate our differences.

We have a Shobnall Anti-Bullying Charter.

Group discussions on respect and kindness.

Each class has created a Kindness Contract.

Each class has an Anti-Bullying Ambassador.

We have parent and pupil friendly leaflets.

We have awareness events throughout the year.





Conclusion & Call to Action

Use your Power for good and speak up against bullying, creating an environment of kindness and respect.

Support each other always.



Thank You For Listening

Together, we can make a
difference and stop bullying
for a better and safer world.

