#### Anti-bullying week 11-15th November 2024



# What is bullying?

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According to the Addressing Bullying in Schools Act 2019, bullying is defined as "the repeated use of power by one or more people intentionally to harm, hurt, or adversely affect the rights and needs of another or others." This year the focus is on choosing respect..

## All about respect...

- We know that the term 'respect' can mean different things to different people.
- When we talk about respect, we talk about showing that you value someone, including valuing their feelings, views, and opinions, even if they differ from yours.
- $\mathbf{x}$  We also talk about accepting and understanding others, giving them the same consideration you would expect for yourself.

## Respect in action

Demonstrating respect for others, selfrespect and being respected are interlinked elements essential for fostering healthy and positive interactions. (Anti-Bullying Alliance)

#### Scan me for more info









