ANTI-BULLYING ALLIANCE

Anti-bullying week
16th–20th November

Break the Silence

Tute EDUCATION

What is Bullying?

Bullying is the **repetitive, intentional** hurting of one person or group by another person or group, where there is an **imbalance of power.**

Bullying can be:

- **physical** – like hitting or pushing
- **verbal** – like name-calling or threatening
- **social** – like spreading rumours or excluding someone
- **online** – like hurtful messages, sharing embarrassing photos or leaving nasty comments

Why might people stay silent?

Sometimes people don't speak up about bullying because they:

- feel worried or scared
- don't want to make things worse
- aren't sure what to do
- think it's not their business

But remember – you are not alone, and it's never your fault.

How can we break the silence?



Speak up – tell a trusted adult, whether it's a teacher, mentor or someone else who can help.



Support others – check in with friends and let them know they're not alone.



Report it – use the school's reporting system or speak to a member of staff.



Be kind – stand up against bullying, even if it's just by showing support.



Break the Silence. Help stop bullying.

