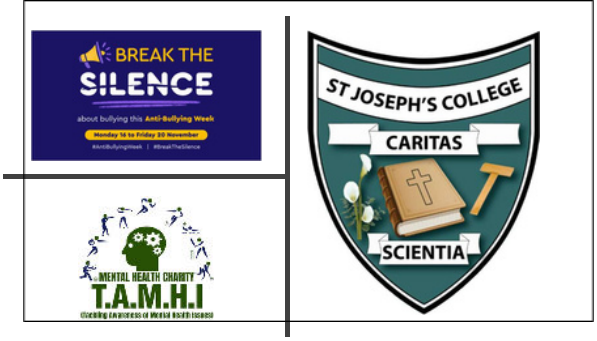


- Break the Silence
- Hello. We are your School Ambassadors.
- Today we will look at what bullying is and what it is not.
- We will also explain how you can speak up safely.
- Please do not name anyone during the assembly.
- If anything worries you, speak to our ambassador team or a teacher.

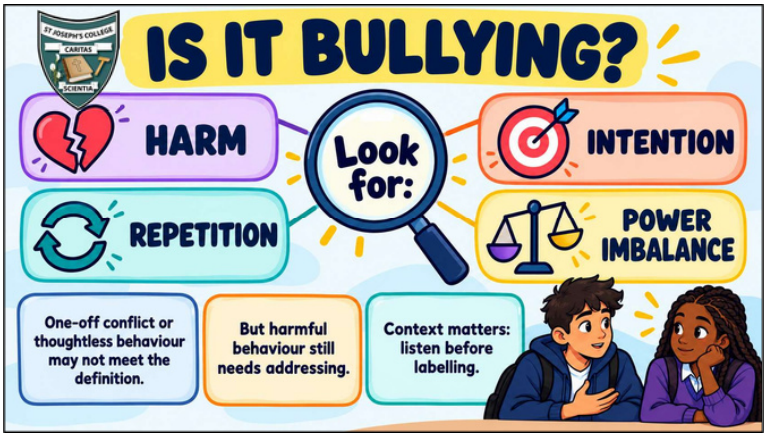


- Bullying can destroy lives.

- Its important we “Break the silence” and speak up against unacceptable behavior. That is why speaking up early matters.

- Support is available, and nobody has to face bullying alone.

- We want school to be a safe space for everyone.



- What Makes Behaviour Bullying?

- Bullying is harmful behaviour that is usually repeated and deliberate. There may be a power imbalance.

- The number one intention is to cause hurt and harm.

- This means the person finds it difficult to make the behaviour stop.

- One argument or ignorant action may not be bullying.

- However, harmful behaviour still needs to be addressed.



Physical bullying

- Hitting, kicking, tripping or pushing someone.
- Taking, hiding or damaging someone's belongings on purpose.

Emotional bullying

- Deliberately leaving someone out of games, groups or activities.
- Spreading rumours or turning friends against someone.

Cyberbullying

- Sending hurtful messages or posting cruel comments online.
- Sharing embarrassing photos or videos to humiliate someone.

Verbal bullying

- Calling someone names or using insulting nicknames.
- Making hurtful remarks about someone's appearance, accent or background.



Bullying or Banter?

- Banter is friendly joking that everyone involved is comfortable with.
- If someone says “That’s enough” or looks uncomfortable, stop and check in.
- Bullying is behaviour meant to hurt, embarrass, scare or leave someone out.
- It often happens repeatedly, and the person being targeted can find it hard to stand up for themselves.

For example, a whole group might pick on one person.

- Someone might laugh along because they feel awkward or want to fit in.
- Stop if someone looks uncomfortable or is being singled out.
- They shouldn’t have to ask you to stop.
- Own it if a joke hurts someone. Say sorry and stop. “I was only joking” doesn’t undo the hurt.



- We will show you five different scenarios.

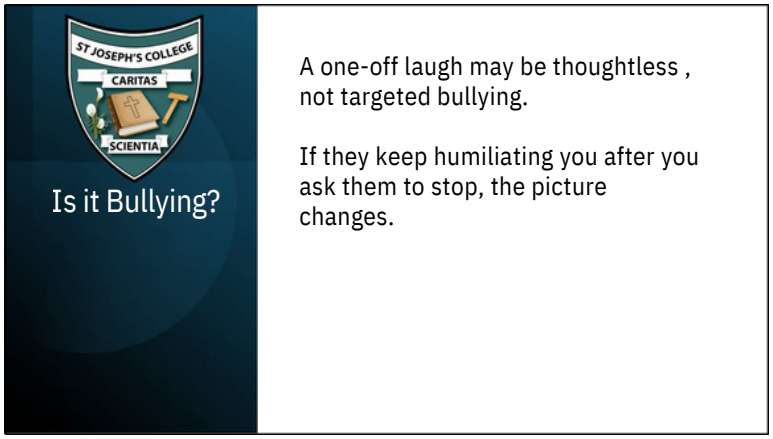
- Put your hands up –IF YOU THINK ITS BULLYING?

- You are not voting on whether the behaviour was nice.

- You are deciding whether it meets the definition of bullying.



- A friend laughs when you trip over.
- Is this bullying?
- Think about whether it was deliberate or repeated.



This is not bullying.

- A one-off laugh may be thoughtless, but it is not automatically bullying. Friends may laugh, but they should pick you up again.

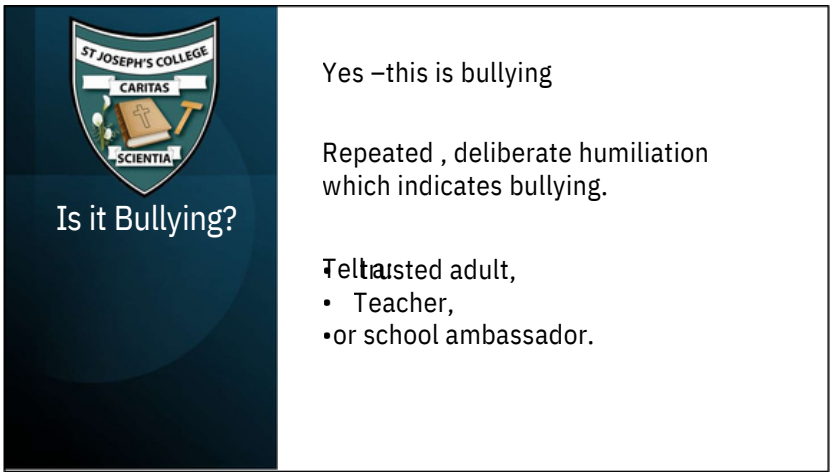
- It could still embarrass or upset the person.

- If people repeatedly humiliate the person, it could become bullying.



- People are mean to someone everyday.
- They want to hurt and humiliate that person.

Is this bullying?



- The answer is—this is bullying.
- It is harmful, deliberate and repeated.
- The person should not deal with this alone.
- They should tell a trusted adult or an Anti-Bullying Ambassador.
- It can also help to write down what happened.

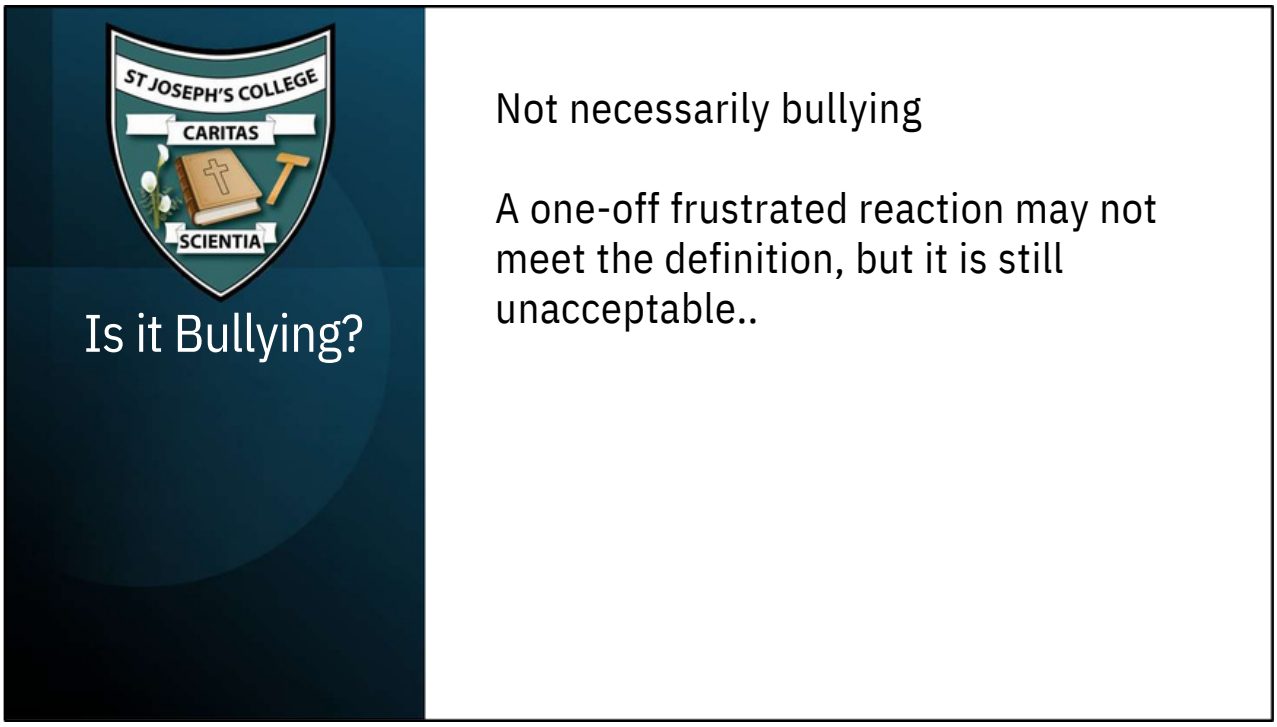


Scenario 3: Is this bullying? A Teammate shouts at you , after you miss an easy chance

- A teammate shouts at you after you miss an easy chance.

Is this bullying?

- Think about whether it happened once or keeps happening.



- The answer is, this is not necessarily bullying.
- One frustrated reaction is not automatically bullying.
- It is still not acceptable to shout at someone, but emotions can run high in sport.
- If the player repeatedly targets or intimidates the same person, it could become bullying.
- The coach should address the behaviour.



Scenario 4: Is this bullying? Someone makes AI images to share online.

- Someone creates a cruel AI image of another pupil.
-
- They share it in group chats or on social media.

Is this bullying?



Why is this cyberbullying?

- The image was made to hurt someone.
- Even if it was posted only once, people can view, copy and share it again and again.
- Each share can spread the harm.

What should you do?

- Don’t create or share an image to embarrass, scare or hurt someone.
- If you see it, don’t like, comment on or repost it. That can draw more attention to it.
- Tell a trusted adult. Show them any evidence you already have without forwarding the image.

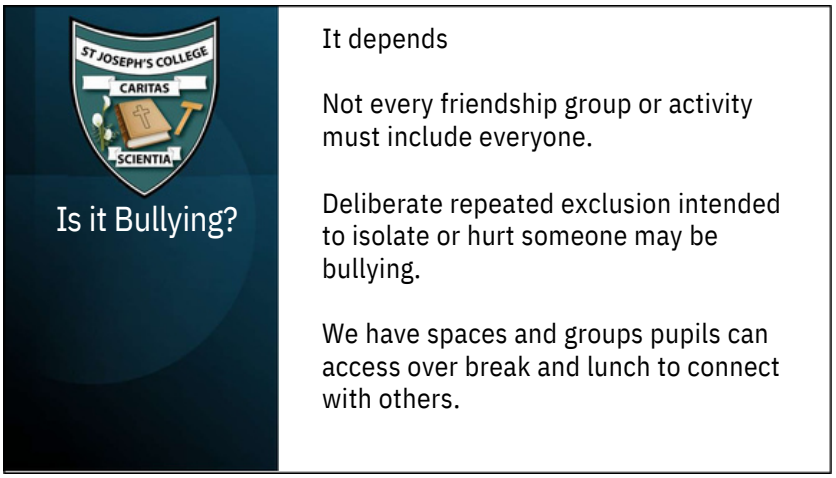


Scenario 5: Is this bullying? Groups don’t include you.

- A group does not include someone in an activity.

Is this bullying?

- Think about whether it happened once or is being done repeatedly to hurt them.



Is leaving someone out bullying?

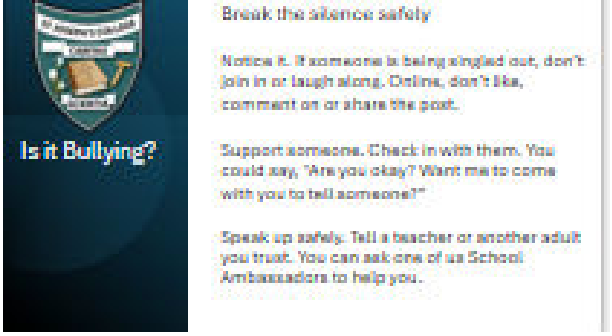
- Being left out can hurt, even if it happens just once. If someone is deliberately left out again and again to upset or isolate them, that can be bullying.
- If you notice someone being left out, give them an easy way to join in. Its nice to invite them to sit with you.
- Come along to Lunch Club

Wednesday to Friday at lunchtime

- A safe, welcoming space to spend your lunch break
- Play games and get to know other people
- Chill
- Meet our Ambassador Team



- We Are Your Anti-Bullying Ambassadors
- We are here to listen and take your concerns seriously.
- We will speak up when behaviour is hurtful, harmful or wrong.
- We can support you to speak to the right trusted adult.
- We cannot keep a safety concern secret because keeping you safe comes first. We will not investigate incidents or confront anyone ourselves.
- Our job is to help you feel heard, supported and able to get help.
- You do not have to deal with bullying alone.



Break the Silence

- Imagine coming into school worried about who might pick on you today.
- It’s hard to concentrate in class or feel like you belong when that’s on your mind.
- If you see someone being picked on, here are three things you can do.
- Notice it. If someone is being singled out, don’t join in or laugh along. Online, don’t like, comment on or share the post.
- Support someone. Check in with them. You could say, “Are you okay? Want me to come with you to tell someone?”
- Speak up safely. Tell a teacher or another adult you trust. You can ask one of us School Ambassadors to help you.
- You don’t have to deal with it on your own. Telling someone helps keep people safe.