

Anti-Bullying Week 2025

Let's Make Kindness Happen!

This week we're learning how to be kind friends, understand each other, and stand up against unkind behaviour. We're exploring how to tell the difference between friendship fallouts, constant clashes, bullying, and neurodiversity.

Friendship Fallouts

- Friends sometimes argue or fall out — that's normal!
 - Both people might say or do something unkind.
- The important thing is to talk, say sorry and try to make things better.
"We can fix it together."

The Constant Clash

- This is when two children keep falling out again and again.
 - It's not bullying — both are being unkind.
- We can stop the clash by listening, understanding and making better choices.
"Let's break the cycle!"

Bullying

- Bullying happens when:
 - Someone is hurt on purpose
 - It happens more than once
- There's a power imbalance — one person has more control or strength.
 - Bullying is never OK.
- If you see it or experience it, tell an adult straight away.
"Be an upstander, not a bystander."

Neurodiversity

- Everyone's brain works in its own special way!
- Some people find it harder to manage their feelings or stay calm.
- Their behaviour might need a different kind of support from adults.
- We show understanding, patience and kindness to everyone.
"Different brains, same kindness."

We're All Responsible for Kindness

- Use kind words
 - Include others
- Speak up if something's wrong
- Be the reason someone smiles today!

