



**Richmond School
& Sixth Form College**

Being the best we can be

**Anti-Bullying Week
15th-19th November
Student Leader Assembly**



ANTI-BULLYING WEEK 2021: ONE KIND WORD

Anti-Bullying Week is coordinated In England and Wales by the Anti-Bullying Alliance and takes place from **15 to 19 November 2021** and it has the theme:

One Kind Word.





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**ONE
KIND
WORD**

#ANTIBULLYINGWEEK

Let kindness fuel kindness
this Anti-Bullying Week.

**ANTI-BULLYING
WEEK 2021**

15th - 19th November

Best of all, one kind
word leads to
another.



What is bullying?

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

Situation

1

You find out that a group of your friends have been anonymously posting unkind and threatening comments on Kadeem's TikTok videos. You know Kadeem is sad and scared about it but he's not in your friendship group so you don't know how to approach him.

What could you do to spread kindness and stop bullying?

Situation

2

Eloise joined school half way through the year. You saw her sitting on a table on her own in the canteen. You know from speaking to her before that you don't have much in common but you also don't want her to be on her own.

What could you do to spread kindness and stop bullying?

Situation

3

Harry trips Aiden every time he walks down the aisle of the school coach in the morning. Everyone laughs but the driver hasn't noticed. You're worried Harry will pick on you if you do anything but you want to help Aiden.

What could you do to spread kindness and stop bullying?

Situation

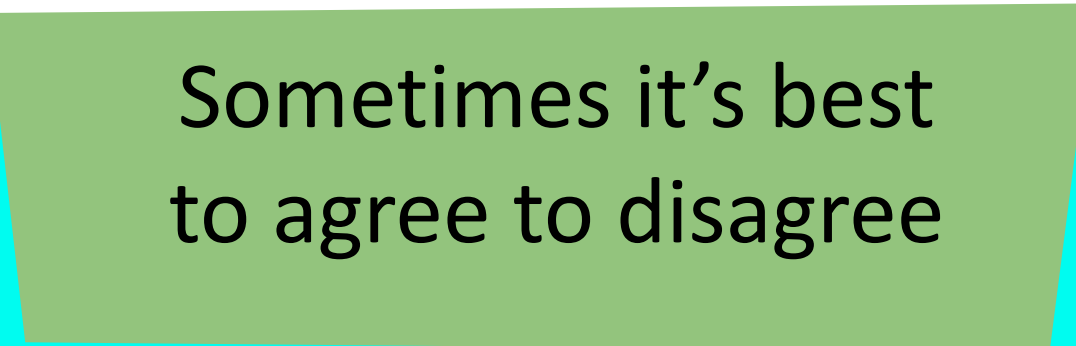
4

Faiza tells Molly that she thinks she's 'weird' in front of you. She starts really laying in to her and it's really awkward and over the top. Molly looks shocked and upset.

What could you do to spread kindness and stop bullying?



Is it possible to disagree kindly?



Sometimes it's best to agree to disagree

?

What are your tips about how we can disagree in a kind way?

- Be respectful
- don't call the other person names or insult them
- don't gang up.

“

Our school is a kind
school

”

Being the best we can be



RESPECT



“
Ask if someone’s OK. Say you’re sorry. Just say hey.

In a world that can sometimes feel like it’s filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone’s perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.

It starts with one kind word. It starts today.
”

Call to action



Kindness is more important today than it has ever been. The isolation of the last year has underlined how **little acts of consideration** can break down barriers and brighten the lives of the people around us.





<https://youtu.be/SmgiR5s0cHU>

Who can help us in our school?

- >Your tutor
- >Your Pastoral Manager or Lead Learning Manager
- >Mr Braham
- >Student Leaders





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November 9th was Social Media Kindness Day which would have been TV presenter, Caroline Flack's 42nd birthday. She took her own life after being subjected to online abuse.

<https://www.itv.com/news/anglia/2021-11-09/social-media-kindness-day-to-mark-birthday-of-tv-presenter-caroline-flack>



Before you speak, ask yourself:

Is it true?

Is it kind?

Is it necessary?

Is it helpful?

?

**If the answer is no, maybe what
you are about to say should be
left unsaid.**

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

?

This is one of Mrs Weston's favourite quotations.



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THIS FRIDAY WE WILL BE RAISING MONEY FOR CHILDREN IN NEED.



We think this work is important because:

- It provides opportunities to children who wouldn't otherwise have them
- It funds counselling and therapy for young people needing support
- We believe that all children deserve equal opportunities and a chance to make something of their lives



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THIS FRIDAY WE WILL BE RAISING MONEY FOR CHILDREN IN NEED.

There will be an 'optional dress day' on Friday 19th November. This year we have decided that we would like to do something to support the work of BBC Children in Need, helping young people in the UK.

Please bring in a minimum donation of £1 and give it to your tutor.



OUR VALUES

CREATIVITY



EXCELLENCE



INDEPENDENCE



RESILIENCE



RESPECT



TEAMWORK

