

What's happening in Norfolk during Anti-Bullying Awareness Week? 19th - 23rd November 2007



This newsletter can be copied for all staff to inform them about anti-bullying week. For a PDF contact Rita

ABW 2007

Rita Adair, Anti-Bullying Alliance (ABA) Eastern Regional Co-ordinator believes that support for this annual event is growing each year. Last year 72% of Norfolk schools engaged children and young people in activities during the week demonstrating their support for



anti-bullying. She says "This year's focus asks schools to consider how they can keep pupils safe from bullying in the wider community. The increase in cyberbullying is a good example of why the focus on bullying in the community is essential.

A recent survey by the DCSF suggests 1 in 3 young people have experienced cyberbullying. Although it mostly takes place outside school, it usually involves pupils from the same school. Unlike other forms of bullying, cyberbullying offers no escape. Children and young people can be cyberbullied even in places previously considered off limits such as their homes". A film is available for schools to use to highlight the issue. See www.digizen.com

Rita would like schools to devote some of the week to talking to children about how to deal with cyberbullying. The new DCSF guidance on cyberbullying gives advice on how to address this issue. See: www.teachernet.gov.uk/publications



This year's Anti-Bullying theme is bullying in the wider community, with the slogan 'Safer together, safer wherever' reminding us that we all have a role to play in keeping children safe wherever they are.

An ABA resource pack has been sent to all schools. Keep checking the website for the 'virtual' pack, regularly updated with ideas, essential resources and information. See: www.anti-bullyingalliance.org.uk. ABA pin badges and postcards show your commitment to stop bullying and reward children and young people for their efforts. They can be ordered from ncb@centralbooks.com

What did schools in Norfolk do last year?

With the focus on bystanders, schools took part in a range of activities. Some examples are:



Paston College, Diss High and Framingham Earl High developed a Forum theatre on bullying which they performed at Young People's conferences in the five areas across Norfolk.

Aldermann Swindell First engaged in Circle Time activities focusing on 'Easing the Teasing'.

Sidestrand Hall supported Blue Friday and had various anti-bullying activities.

Ludham Primary discussed the issues from the DCSF Charter in assemblies and Circle Time.



Mundesley Junior wrote poems and made posters.

Homefield CE First & Nursery used the SEAL anti-bullying materials.

Cavell First built a friendship tower and focused on what a bully looks like.

East Ruston Area Community School had a friendship week with mixed age groups working on team building. activities e.g. art, cooking and drama.

Great Dunham Primary took part in the Young Person's conference 'See it. Get help. Stop it.' at Mattishall and demonstrated R Time.



Sheringham High - Jayne Melhuish, Assistant Head and Peer Supporter, Adam joined Radio Norfolk's morning programme to discuss bullying and their peer support scheme.

Great Massingham VC Primary held a parents assembly on Blue Friday.

Agencies working together with schools to reduce bullying

As well as Norfolk County Council and schools working together, there are a large number of other agencies supporting the week. The following voluntary organisations have all committed to providing anti-bullying activities for children and young people during the week:

Benjamin Foundation • Leeway • Victim's Support • North Lynn Discovery • King's Lynn Scouts • Swaffham Pre-school playgroup • YISPs • Olive Tree • SSAFA • GYROS Childcare and Family Support • Parent Talk and Asperger East Anglia
Norfolk County Council's YOT are offering an interactive presentation called 'Be bright don't fight' for Years 6 & 7. The presentation discusses playground fights and will focus on the role of the bystander. To book a session contact: **Sue Best 01603 877500 or e-mail: susan.best.yot@norfolk.gov.uk**

Norfolk County Council's Children's Services Central Area Youth work team are organising an anti-bullying T-Shirt or poster competition with £25 Chapelfield vouchers for the best entries. Contact: **sam.webb@norfolk.gov.uk**
Ormiston Children & Families Trust are engaging children in anti-bullying activities when they visit their fathers in Wayland and Norwich prisons.

Norwich City Study Centre are offering assemblies to schools during the week. Contact: **kevin.house@norfolk.gov.uk**

Connexions Centres will be offering activities to young people throughout the week

NCC's Planning & Transportation Dept are urging schools to re-visit their Travel Plan looking at safety issues and bullying on school journeys.

Bullying is the repetitive or persistent hurting of another. It can be verbal, physical, emotional, indirect or cyber.

CONTACT: rita.adair@norfolk.gov.uk

Drama at Playhouse

The Black Cat Theatre Company has designed performances called Bully4You with the support of ChildLine. These will be performed at Norwich Playhouse between 19th and 22nd November. Taking real life case histories, Bully4You uses role play, forum theatre and performance to explore the effects and solutions to each situation portrayed. The performances are designed specifically for children from Key Stages 1 and 2 and have been positively evaluated by several Norfolk schools. Tickets are £3.50 each. Book on 01603 598598 or ring 01603 612580 for further information.

Has your school signed up to the Anti-Bullying Charter?

Many schools in Norfolk have already done so. What about making this a public event with parents/carers, governors and members of your community? Charters can be downloaded from www.dcsf.gov.uk/bullying. Send a copy of the signed charter to the Anti-Bullying Alliance, 8 Wakley Street, London EC1V 7QE.

Diana Princess of Wales Anti-Bullying Award

This award is given to young people who have made an outstanding contribution to tackling bullying in their schools or communities. Why not nominate some inspirational young people in your school? Details and forms available from www.diana-awards.org.uk

What's new in bullying?

New guidance documents on cyberbullying and homophobic bullying were published on the 21 September as part of the DCSF 'Safe to Learn: embedding anti-bullying work in schools' which also includes guidance on bullying related to race, religion and culture, issued last year. There followed a campaign called 'Laugh at it and you're part of it', which will run for 6 weeks on internet forums such as MySpace, Bebo, MSM instant messaging and Yahoo! It emphasises curbing 'bystander bullying' by young people, who pass on comments or images made by the original bully without considering consequences. A short film will be made available to schools on the issue: www.digizen.com. To download the guidances: visit www.teachernet.gov.uk

Using SEAL (Social Emotional Aspects of Learning) materials

Social and emotional aspects of learning are the underpinning qualities and skills that help promote positive behaviour and effective learning. There is an excellent component on bullying in the primary materials called 'Say no to bullying' and the DCSF recommends their use during Anti-Bullying Week. The materials are available on www.bandapilot.org.uk. For Secondary SEAL materials: www.bandapilot.org.uk/secondary

Bullying and the Law

The Children's Legal Centre have produced a useful guide for parents and schools. See www.childrenslegalcentre.com

Norfolk audits bullying

We are planning Norfolk's first countywide audit of bullying during ABW 2007.

We are asking all schools with Years 6, 7, 8, 9 and 10 pupils to take part. The survey ends at 6 pm on 23 November. To participate pupils will need to complete a short questionnaire online via Survey Monkey taking no more than 10 – 20 minutes to complete. It is very simple to do and there are no technical skills involved.

The link is <http://www.schools.norfolk.gov.uk/go/antibullying>

If you have any difficulties

contact Duncan Slack – Duncan.slack@norfolk.gov.uk. The information will be collated and made available on the Norfolk schools website www.schools.norfolk.gov.uk in February 2008. To ensure confidentiality individual pupils or schools will not be identifiable.

We hope you will participate in this survey and thank you for helping us to ensure that we are effectively supporting anti-bullying work in Norfolk. Any queries contact Rita.

Bullying: All you ever wanted to know but never dared ask!

New website for school professionals offering comprehensive information to answer your queries. Go to: www.schools.norfolk.gov.uk/go/bullying

SEN & Disability and Homophobic bullying:

Why not use the activities already sent to schools on these topics? Can't find them? Contact Rita if interested.

11 Million Takeover Day/Blue Friday 23.11.07

On 11 MILLION Takeover Day, join the Children's Commissioner and be part of celebrating the importance of children and young people in our society. On Friday 23 November, schools can enable pupils to take over the planning and implementation of anti-bullying activities. See www.11MILLION.org.uk/bullying

Bullying definitions competition

Norfolk Anti-Bullying Forum wants to encourage children and young people to think about the definition of bullying this Anti-Bullying Week. Being clear about the definition is essential if children and young people are to know when they have been bullied. Often bullying definitions are written by school staff and are not written in child speak. Hardly surprising that children are not always clear. We want schools to talk to young people about bullying, what it is and what it is not and encourage them to write a definition that they understand.

Bullying has three key characteristics: it is deliberately intended to hurt, it is repeated often over a period of time and the victim finds it difficult to defend themselves against it. It would not be bullying if two friends of equal strength had the odd fight or quarrel.

There are different forms of bullying: verbal, physical, indirect or cyber. Examples include:

Physical, e.g. kicking, hitting, taking and damaging belongings

Verbal, e.g. name calling, threats

Indirect, e.g. spreading nasty stories about someone, gossiping, excluding people from social groups

Cyber, e.g. sending nasty or threatening texts or e-mails, bullying by mobile phone, picture/video clip bullying, chat-room bullying, bullying through Instant Messaging (IM) and bullying via websites.

Prizes will be given for the best definitions:

KS1 and KS2 - pencil case sets

KS3 & KS4 - £10 iTunes! vouchers

Entries need to be completed by the Monday 26th November and have the name of the child or group of children and the school written on the back. Send to Rita Adair, The Terrapin Centre, Hewett High School, Cecil Road, Norwich, NR1 2TJ. Winners will be notified via their Head Teachers. Good Luck!

Anti-Bullying Awareness Week 2007 Parents Conference on Cyberbullying At the John Innes Centre, Norwich On Monday, 19th November 6.30 - 9.30 p.m.

This conference is offered free of charge to raise parental awareness of cyberbullying and what you, as a parent, can do if it happens to your child.

The conference will be made up with presentations from Childnet International, Securus and include workshops from Norfolk Constabulary, E2BN, children and young people and their schools. Parents will have the opportunity to have 'hands on' experiences.

We hope schools will inform parents of this event. Places are only available if booked via Heather Haycox - heather.haycox@norfolk.gov.uk or tel 01603 671409, General enquiries to Rita Adair on 01603 671426



Norfolk County Council

Morrisons support Anti-Bullying Week

Morrisons are supporting the event and have agreed to display art work from local schools in their supermarkets. If you would like to take up this offer please contact the Manager at your local Morrisons and tell Rita you are doing this!



Norfolk County Council

Anti-Bullying Awareness Week
19 - 23 November 2007

Parents Conference on Cyberbullying
At the John Innes Centre, Norwich
On Monday, 19th November
6.30-9.30pm



This conference is offered free of charge to raise parental awareness of cyberbullying and what you, as a parent, can do if it happens to your child.

The conference will be made up with presentations from Childnet International, Securus and include workshops from Norfolk Constabulary, local school students and schools. We want parents to engage in 'hands on' experiences.

If you would like to book a place at this conference please fill in the slip below and return it to: Heather Haycox, Secretary to Rita Adair, Anti-Bullying Alliance Eastern Regional Coordinator, The Terrapin, Hewett School Site, Norwich, Norfolk NR1 2TJ or e-mail heather.haycox@norfolk.gov.uk

Name

Address

.....

E-mail contact:

Any queries to Rita Adair, Senior Educational Psychologist & Anti-Bullying Alliance Eastern Regional Coordinator – rita.adair@norfolk.gov.uk or 01603 671400

Teachers please note e-safety and e-learning conference – 30th and 31st October 2007 – John Innes Conference For further details see www.eficts.norfolk.gov.uk or contact Judy Houghton on telephone 0845 303 3003