

Anti-Bullying Week Definitions Competition

Last week we advised you through our Newsletter (details below) about the definitions competition. We now have an important announcement for those entering:

They can send their definitions in by text!

Should any child or young person wish to do so the details are as follows:

Text: 07717995968

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 children and 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 i.e. there is a power imbalance. 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, chatroom 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 sent in writing or text form by Monday 26th November and have the name of the child or group of children and the school written on the back. Send via text: 07717995968

Or by post to: Rita Adair, The Terrapin Centre, Cecil Road, Norwich, NR1 2TJ

Winners will be notified via their Headteacher.

Good Luck!