

# Choose Respect Our Anti-Bullying Month

This month we have taken on the challenge to “Choose Respect” which has been the Anti-Bullying Alliance’s theme for their annual campaign.



Students have experienced several events, assemblies and competitions to raise the profile of how we treat each other and re-visit the damage bullying can do. Poster and poetry competitions have produced thoughtful ideas and students and staff have been engaging in Random Acts of Kindness towards each other.

## Competitions to Raise Anti-bullying Awareness

Poster Campaign

Poetry Challenge – “Choose Respect”

Be a RAKtivist – Tell us about it

Short Video: Anti-bullying: A Call to Kindness



### Cyberbullying YOU can have an impact.

It's no fun for me when people are being mean!

A joke to one person, can be really hurtful to someone else, even if the person making the joke doesn't mean to be mean at all. A lot of people hide when their feelings are hurt. So if you don't want to jump in and embarrass them, you can try saying:

"Please stay strong. I swear it's going to get better."

"It's okay to shed some tears we're all human after all!"

"If people are trying to bring you down, it only means that you are above them."

"I just want you to know that what happened wasn't cool. Let me know if I can help"

"We all have bad days, it makes good days feel better"

"You don't know me, But I saw what happened, if you want to talk or do something about it let me know"

"Hey, looks like you need some stress relief, check out this video it's hilarious"

What witnesses do about bullying is actually one of the most important factors in stopping the bullying.

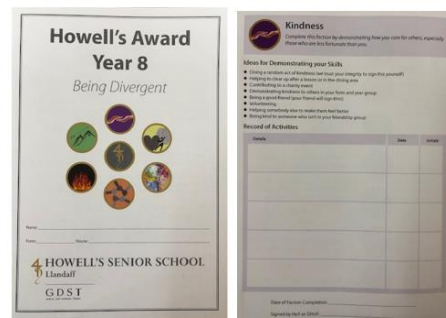
**YOU can make a difference when YOU witness cyberbullying.**



Elsewhere some of Year 7 have been working on the theme of bullying in Drama lessons. They spent time creating freeze images exploring different acts of bullying and talking about the impact it can have.



Year 8 have had the launch of a special version on the Howell's Award called Being Divergent where they are developing qualities as part of their character education programme. One area is kindness and Year 8 are logging where they have demonstrated shown kindness and caring to others.



In Year 9, we had a visit from the organisation Show Racism the Red Card and students have been learning more about the bullying that exists based on people's race or colour.

**Show Racism the Red Card**



Teachers have also been meeting with different groups of students across our school body to find out their views about our anti-bullying campaign. Some of the groups include the Senior School Prefect Team, the Young Leaders' Team, and students attending celebration Teas.





As you may know, our library team regularly show films to support themes throughout the school year and one film they showed this month was **Wonder**.

If you have seen the film you will know that it explores the life of a young boy who is disfigured and experiences both bullying and kindness as he copes with the challenges of attending school.

### Video Challenge

Well done to our Head Students who created a video about Anti-bullying at Howell's. This was shared with all students in assembly.



## **Kindness Champions**

One of the most important changes that has happened as part of our anti-bullying campaign is the introduction of Kindness Champions. All students had a chance to nominate people in their forms to stand up against bullying and to promote kindness in our words and actions.

These champions will now receive anti-bullying training and they will become the School Council for this year working with the Leadership Team.

## **Kindness Champions**



- **Purpose of the role – every class will have someone who is there to raise awareness of being kind and thoughtful to each other and to support the school in challenging bullying**
- **Meetings of the Kindness Champions will take place every half term with the Leadership Team**
- **They will have a key role to play in making our school say no to bullying and to spread this message in assemblies and around the school**

What we have achieved over the last month demonstrates that our student body are caring individuals and we, as a school community, know that bullying is wrong. We are prepared to make a difference, to behave thoughtfully and to choose respect.

Let's continue to make Howell's a happy place to be for everyone. Let's Choose Respect.