



20.11.2023 Anti-Bullying Week

Bullying can be defined as:

The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological.

It can happen face to face or online.

We covered:

- What bullying is
- How to reach out for help
- Who we could reach out to
- How to 'Make a Noise about Bullying'

Please see the slides covering the assembly next to the link for this document.

