

# Anti-Bullying Action

## The Anti-Bullying Magazine



## MUSIC AGAINST BULLYING

**Shaftesbury School pupil Oli Coombes has written a song for Anti-Bullying Week.**

He told us that the song is about a boy who is getting bullied in school, and the song kind of follows his life – almost like a story. The song is written in a ‘question-like’ way. Oli is a guitarist, and has recorded the song in a professional studio. “I was inspired by a Video on YouTube and I decided to write a song on anti-bullying.” Oli then went on to say that he is totally against bullying. “It’s a really bad thing.” When we asked him if he thought there were enough things to do with reporting bullying in school, he replied “There are plenty of things in place in school to use if needed that have been highlighted this week. I think people need more courage to report bullying – even if you see it and you’re not involved in it, you should still report it.” He finished off by saying that Anti-Bullying isn’t just for one week– it goes on forever”.

*a sense of accomplishment*



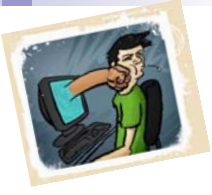
Adspiramus

Did you buy an Anti-Bullying Wristband? If you did, you helped contribute to the grand total of **£63.90**

Thank You!

**£63.90**

**Sam Alford**



# Tips and Advice on Cyberbullying

To prevent Cyber bullying, we've come up with some helpful tips and advice...

- Protect your online accounts with a password and don't share it with anyone
- Keep evidence of cyber bullying by saving messages
- If you wouldn't be happy for your parents to see a photo, it doesn't belong online
- Never reply if you've been sent a nasty message – report it to an adult you can trust instead
- You should only keep people in your online friend list who you know and trust in real life
- If you witness cyber bullying, get help and stop it
- Be careful what you say and send – messages and images can be made public and stay online forever.

## 'SEXTING'

'SEXTING' is the term used to describe the act of sending sexual material of yourself or others to friends.

- The law says that it is illegal to possess or distribute an illegal image
- An illegal image is a picture of someone that appears to be under the age of 18, and of a sexual nature

**SEXTING IS ILLEGAL**

# Anti - Bullying Conference

Students from Shaftesbury School went to the Annual Anti-Bullying Conference. We asked them what it was like and these are some of their comments.....



## **KATIE CLARK, YEAR 9**

"The day started off with different workshops to do with cyberbullying. This included making our own role plays and watching films by 'Think U Know'.

I was quite shocked to find out that not many people realised how severe the consequences of Cyberbullying were – you can end up being arrested, and even your victim can end up committing suicide.

I would really like to do a whole School awareness day because I don't think young people are educated enough on the topic."

## **HOLLY SAMUELS, YEAR 8**

"We talked about cyberbullying and how much worse it can be because you can't see your victim's emotions and how you are affecting them. Peer pressure plays a big part in cyberbullying. I would like the school to help people have a better understanding of cyber bullying, how it impacts on peoples lives and what to do if it ever affects you."



## **FRANCES BATHURST, YEAR 11**

"I think we need to make students more aware that bullying is widespread. People are being bullied and the bullies don't know how much they're effecting that person. All that we have done this week has a serious message behind it, and its not just a 'bit of fun'".



### **Anti Bullying Poem: Don't Listen!**

Bullying is the worst crime, it makes you sour  
just like lime.  
None of the words they say is true, if they said  
fat it's definitely not you!  
So don't be shy  
Just walk on by  
Just walk away,  
Have a peaceful day

### **Anti Bullying Poem: The Bully**

I'll punch you, I'll kick you  
You'd better believe it, it's true.  
If you tell anybody I'll make you sad  
I'm not a good person, I'm very  
bad  
So do what I say  
And just live with it that way.

Thank  
you to  
Ellie Duffy  
Bell for  
these fab  
poems on  
Bullying!

## Interviews with Head Girl & Boy



During Anti-Bullying week we held a stall outside the main hall on two lunch times, where stickers and information leaflets were given out. We also presented an assembly to all the houses, informing them of what cyber bullying is and how best to deal with it. The aim of anti-bullying week is to raise awareness of bullying, in particular cyber-bullying. Many people think its fine to bully people over the internet as it's not face to face. But in fact any type of bullying is unacceptable. Cyber-bullying is sometimes not taken seriously, normally because it's an indirect form of bullying, but although it may not be face to face, it doesn't mean it isn't causing some kind of harm.

However, modern technology is a good thing to use if used safely and productively.

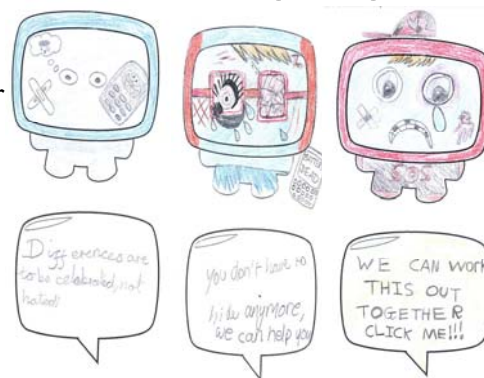
**TIM HARDIMAN AND CHANTELE WAREHAM; HEAD GIRL AND HEAD BOY**

## Design a Widget Competiton

[www.cybermentors.org.uk](http://www.cybermentors.org.uk) is a website where young people can go if they are being bullied, cyber bullied or maybe just having a bad time. Cyber Mentors are aged 11-25 and have been trained by Beat Bullying to be online Peer Mentors. They can chat to the young people online and offer assistance. To chat to a Cyber Mentor, young people click on a 'Widget', which is a cartoon character, and then the chat conversation starts. Pupils entered a competition for the best new Cyber Mentors widgets to be used on the website. We had lots of amazing, creative entries so we decided to judge them in school in addition to sending them off to be judged by Beat Bullying. Overall we had several winners including Edward Diserens, Charlie Marshall, Aaron Blake, Thomas Jackson, Zoe Earnshaw and Jemima Hall, Rory Morris and Samuel Burton. Well done to all!

**Ms Andrews**

### The Winning Widgets



**We caught up with the very busy Mr Humphreys to ask him what he had to say about Anti Bullying Week:**

"If you are being bullied, you must always let someone know. Don't leave it until its too late. Friends, family and even members of staff are there to help you through it. Never give bullies the satisfaction of upsetting you. The same goes with social networking sites, only ACCEPT people who you know and trust. I think the problem is that most people don't even know they're hurting people's feelings. Some just do it for a 'laugh' and to 'show off', but they don't know how they are affecting the victim.

People need to know more about the Anti Bullying policy, and be more aware of the consequences it can cause."

## ANTI-BULLYING CONTRACT SIGNED



The head girl and boy met with four other members of the SAT and Mr Booth. Together, they signed the anti-bullying charter, in which it states rules about anti bullying that will be enforced into our School. Mr Booth signed the contract, along with head boy Tim Hardiman. The charter shall be framed and put up in school.

### Anti Bullying Action 2009: Cyberbullying

With thanks to

Beth Crockford, Sam Alford, Karina Kirkuc, Mrs Broome, Mr Humphries, Mrs Andrews, Mrs Linsley, Tim Hardiman and Chantelle Wareham, Katie Clarke, Holly Samuels, Oli Coombes, and Frances Bathurst.

Thanks to everyone who took part and helped.