



ENDURANCE

Luke 21:5-19

*'By your endurance you will gain
your lives.'*



Dear God,

Please give me the strength and courage to stand up against bullying.

Give me the power to speak out in the face of adversity.

Give me the wisdom to move forward with grace and integrity.

Protect myself and others from harm and guide me towards a resolution that is fair and just.

In Jesus name,

Amen.

A person wearing a blue hoodie is seen from behind, with their arms raised high in a gesture of triumph or praise. They are standing on a beach or near a body of water, with a bright sunset or sunrise in the background. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is a bright, glowing orb on the horizon, casting a warm light across the scene.

2 Timothy 1:7

God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

Do we recognise the power we have within us?
Is it easy to love and be disciplined?

The definition of bullying

“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.”

ANTI-BULLYING WEEK 2025

Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.



ANTI-BULLYING WEEK 2025

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our **Power for Good** to end bullying — for good.



DEFINITION OF POWER

 ANTI-BULLYING
ALLIANCE

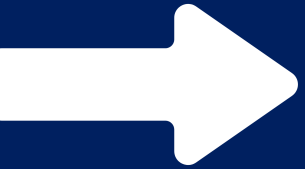


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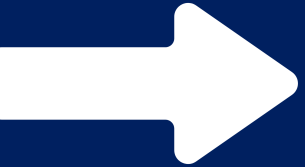


The ability to influence the behaviour, beliefs, or conduct of others, whether through authority, coercion, or other means.

Ask Yourself...



Why does bullying often involve an imbalance of power?



How might the person being bullied feel powerless?



How can bystanders reclaim power and use it for good?



ANTI-BULLYING
ALLIANCE

UNITED AGAINST BULLYING

Banter & Bullying

United against bullying

Banter is...

**“The playful and friendly
exchange of teasing
remarks.”**

It's not banter if...

- 1. You would be upset if someone said it to you**
- 2. It's hurtful**
- 3. You're not friends**
- 4. Someone's asked you to stop**
- 5. The person isn't laughing**
- 6. It focuses on someone's insecurities**

CALL TO ACTION



Every year, bullying impacts the lives of countless young people and silence helps it grow.

We want to empower you to use your Power for Good, to safely speak up and raise awareness when you see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying — for good.



REPORTING BULLYING



Safeguarding
Team

Whisper

Room 41



SLT

Head of Year

Staff name here



Tutors

Teachers

Support Staff

Staff name here



**HOW WILL YOU
USE YOUR POWER FOR
GOOD?**



From playgrounds to parliament, our phones to our homes,
Bullying hides, and in silence grows.

But voices are powerful, steady and true –
This antibullying week, the change starts with you.

Use your power for good to stand up, speak out, to challenge injustice, to cast away
doubt.

Online or in person, when something feels wrong,
Each small action can help others stay strong.

Too often we pause, unsure what to do,
But kindness is brave – and it starts with you.
Young people, families, leaders – unite!
Together, let's turn the darkness to light.

So, ask yourself now, and make it understood:
How will you use your power for good?