

# Anti-Bullying Week

## Discussion Cards



## Anti-Bullying Week Discussion Cards

1. The theme of this year's Anti-Bullying Week is 'Choose Respect'. The word respect means to take care of people's feelings, wishes and rights.

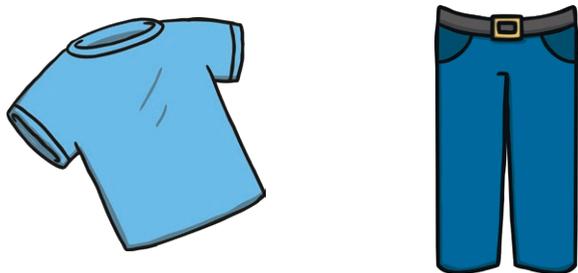
**Discuss:** Who could you show respect to this week? How could you show it?



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2. Some places are having a 'Wear Something Blue' event for Anti-Bullying Week.

**Discuss:** What other events do you know where people wear special things or certain colours? Why do you think people do this?



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3. Some bullying is physical. This means someone is hurt by being pushed, kicked, hit or through other physical actions.

**Discuss:** What should you do if you see someone kicking or hitting someone?



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4. Some bullying is verbal. This is when bullies hurt people through using unkind words, name calling or saying nasty things.

**Discuss: What should you do if someone calls you a name or says nasty things?**



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5. Other bullying isn't so clear. Bullying can include always leaving certain people out of games or saying things behind their back.

**Discuss: Have you ever been left out of games? How did you feel? What did you do?**



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6. Some bullying is done on the Internet. It might be through sending nasty messages while playing online games or sending unkind emails.

**Discuss: What should you do if you get a nasty message?**



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7. Sometimes bullies are unkind to people who look, act or sound different to them.

**Discuss: Talk about how everyone is different and why it is good that we are all different.**



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8. Sometimes bullies are jealous of other people. Being jealous is a horrible feeling – it is when you don't like the good things other people have or can do.

**Discuss: Have you ever felt jealous of someone? How did you deal with it?**



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9. One way to stand up to bullies is to be kind to people.

**Discuss: What kind things have you done for people? How did it make you feel?**



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10. If you or someone you know is being bullied, you should tell an adult you trust.

**Discuss: Who are the adults you trust?**



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11. Being kind is very important.

**Discuss: Think about a time when someone has done something kind for you. What did they do? How did it make you feel?**



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