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ANTI-BULLYING WEEK 2022

←

REACH

OUT

#ANTIBULLYINGWEEK

Anti-Bullying Week 2022: Reach Out

Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out.

It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

What is bullying?

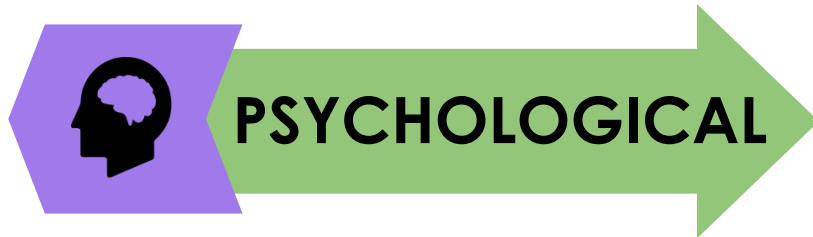
‘The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological.

It can happen face to face or online.’

Types of bullying



Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.



Includes spreading lies about someone, playing nasty jokes or excluding people.



Includes name-calling, threatening, teasing, saying nasty or rude things to someone.



Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

Take a moment to
consider...

1

The times you have
reached out to someone
in need

2

The times someone has
reached out to you when
you needed help

Who can we reach out to in our school?

If you ever need to reach out to someone, you can always go to:

- 1** Ms. J Bonett – Designated Safety Officer
- 2** Ms. Nicole Randazzo
- 3** Ms. Nathalie Camillieri
- 4** Ms. Sarah Grech
- 5** Or any other teacher you feel comfortable speaking to

Dress Down Day:

- On Wednesday 16th November a Colour-Coded Dress Down Day takes place, a €1 donation will be collected on the day.
- These are the different colours to be worn by each Form:
 - **FORM 1 – Orange (to show unity in kindness and acceptance)**
 - **FORM 2 – Purple (be nice to others and raise awareness)**
 - **FORM 3 – Blue (to promote the further education or anti-bullying programs)**
 - **FORM 4 – Pink (working together to stop bullying)**
 - **FORM 5 – Yellow (to raise awareness about the after effects of bullying)**

Activities Happening This Week:

- **A Door Decorating Competition will take place this week. Each class will have to decorate their door with the theme of 'Anti-bullying'. The best door will be determined on Friday 18th November 2022 and the winning class will win a casual day.**
- **On Friday 18th November, during break, a 'Shoot a Compliment' game is to be played. The game consists of spinning a bottle and shooting a compliment towards the person it lands on.**

The Student Council

**Lea Sammut
Bettina Portanier
Nicole Zammit**

**Laura Vaaben
Katia Brincat
Holly Schembri Wismayer**

**Amber Debono
Amy Ferris
Jade Pace Axiaq**

**Francesca Grech
Jade Housely**

**Greta Vella
Elena Demicoli**

**Teachers: Ms Simone Pirotta
Ms Lisa Gatt
Mr Julian Caruana**



Anti-Bullying Week 2022 – Reach out



Thank you for being a part of
ANTI-BULLYING
WEEK 2022



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