

@School

Treating your classmates, teachers, and staff with kindness and courtesy. It's about creating a friendly and welcoming environment for learning and growth.



**RATTON
VIRTUE TERM 2
RESPECT!**

Online

Being kind and positive in your online interactions. Using social media and the internet responsibly and not spreading negativity or harmful content, whilst protecting yourself.

Community

Global

Involves caring for our planet, learning about different cultures, and helping those in need around the world. It's about being a responsible citizen of the world.



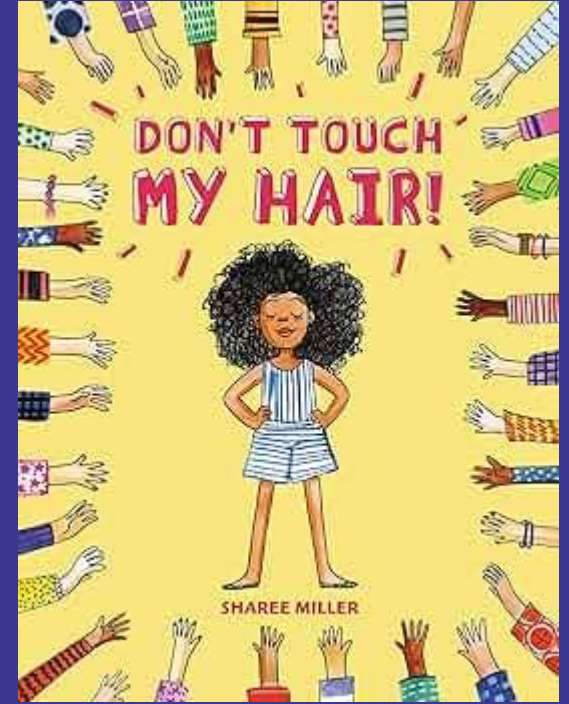
Local

Be a good neighbour, cleaning up after yourself, and supporting local businesses. It's about making your areas a nicer, safer place for everyone.

Respect and personal space

- One way to show respect to people is to stay out of their personal space.
- This is one reason why we have a 'no touching' policy at Ratton.
- Touching someone's hair uninvited is an example of what we call a 'microaggression'. This is when someone has to put up with small but repeated acts of disrespect. All this takes a toll, and black students face it more than others.

Achieving Together



[Solange 'Don't Touch My Hair'](#)

Showing Respect Online

Achieving Together

- Remember Diane Abbott from our Black History Month assembly?
- She was Britain's first black female MP and still serves in the House of Commons.
- Along with other minority ethnicity MPs, she is often the target of online abuse.
- In the run-up to the 2017 election, 45% of all abusive tweets were aimed at her. Overall, black and Asian MPs were 35% more likely than their white peers to be the target of online abuse.



Respecting all voices

Achieving Together

- Remember Desmond Dekker from our Black History Month Assembly?
- He was the first person in Britain to have a reggae No.1 in 1969.
- In the 1980s, this cassette tape advert made fun of his patois, implying that it was hard to understand:
<https://www.youtube.com/watch?v=mxELSzay2lc>
- Show respect by not using other people's accents or language as the basis for 'comedy'.



ANTI-BULLYING WEEK 2024

CHOOSE

RESPECT



ANTI-BULLYING
ALLIANCE

What Is Bullying?

Bullying is more than just a disagreement or a 'falling out'. Everyone may say or do things that are hurtful to others sometimes, but when this behaviour becomes repetitive and intentional, it can be extremely harmful to the person on the receiving end.

You can usually tell if bullying is taking place if:

- the actions are intended to cause harm;
- the behaviour is repeated over a period of time;
- the person being targeted is physically or emotionally impacted;
- there is an imbalance of power (e.g. one person is physically stronger or has some kind of advantage over the other person).

All bullying, whatever the method or motivation, is unacceptable and should not be tolerated. There is no justifiable excuse for bullying and it needs to be stopped and addressed.

Types of Bullying

Bullying behaviour can be split into several different groups. These include:

Physical bullying

- physical action intended to hurt or intimidate another person.

Verbal bullying

- using cruel or abusive language (written or spoken) to hurt another person.

Psychological bullying

- using actions and behaviours intended to have a detrimental effect on a person's mental health and wellbeing.

Sexual bullying

- targeting someone with sexual actions or comments.

Cyberbullying

- using electronic communication to hurt another person.



Some bullying actions might fall into more than one of these groups, while others may not obviously fit into any of them.

Is It Bullying?

Look at the scenarios described on the cards and decide whether you think they are examples of bullying. For each situation that you think counts as bullying, explain what type of bullying you think it is.

Simon gets his pants pulled down by an older student in the corridor between lessons.

Tom receives an anonymous text asking him if he is gay.

A group of people refuse to let Aled eat lunch with them in the canteen because they say he's not 'cool' enough.

Jamil receives threatening messages from an anonymous source while playing on an online video game.

Eli posts a video of her new dance routine online and someone leaves a negative comment about her appearance.

Kelly accidentally trips Henry up when he is getting off the bus.

The Impact of Bullying

People that are bullied are more likely to:

- **experience mental health issues**, such as depression or anxiety;
- **become isolated and lonely**;
- **have low self-esteem**;
- **skip school**, leading to lower grades and fewer opportunities in later life;
- **find it difficult to trust people**, making it harder to form healthy relationships in the future;
- **develop anti-social behaviour** as a defence mechanism;
- **self-harm or have suicidal thoughts**.



If you or someone you know is being bullied, don't put up with it. We all have the right to be safe from bullying and the responsibility to protect others from bullying.

Responsibilities of Bystanders

A **bystander** is someone who witnesses bullying, either in person or online, but does not take part. Friends, peers, trusted adults and even strangers can be bystanders.

Bystanders have the power to help prevent bullying. However, even if they believe that bullying is wrong, they may not intervene for fear of making the situation worse or becoming a target themselves.

If you witness someone else being bullied, **don't ignore it**. We all have a responsibility to protect others from bullying.

Depending on the situation, you could:

- stand up to the person doing the bullying and explain why their behaviour is unacceptable;
- approach the person being bullied afterwards to make sure that they are OK and let them know they are not alone;
- invite the person being bullied into your friendship group or walk with them between lessons to reduce the likelihood of them being targeted;
- report the bullying to a trusted adult.

Dealing with Bullying

Stop



Support



Report



Bystanders

Stop the bullying by standing up to the person doing it and telling them why their behaviour is unacceptable.

Support the person being bullied by making sure they are OK and letting them know they are not alone.

Report the bullying that you have witnessed to a trusted adult.

Targets

Stop reacting to the person bullying you by ignoring them and removing yourself from the situation.

Seek **support** from friends and people you trust.

Report the bullying that you have experienced to a trusted adult.

Person bullying

Stop yourself from bullying others by considering how your actions might make others feel.

Get **support** for your behaviour or any underlying issues that are causing you to take out your frustrations on others.

Report what you have done to a trusted adult so you can get help to stop bullying others.

Have you earned your Respect badge this term?

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Respect Actions	Staff Signature & date achieved
Contributed to a Respect event (Black History month, Remembrance Day, anti-bullying week etc.)	
Demonstrated excellent Classroom respect (No late to lessons, no On-calls for 1 whole term. Tutor to check behaviour points & sign)	
At least 10 Respect Achievement Points (Tutor Signature)	
Respect personal space & calm corridors (Any staff member can give this signature)	
Respect for the environment (Volunteer for litter picking/Big site clean/breakfast club. Any staff member can give this signature)	
Complete the Respect Quiz (Tutor/Year team signature)	



Quiz will be sent out by Miss Banks on the 15th December so check your Ratton e-mail for link!

Top Table

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- Every Friday 5 students will be invited to Top Table, and they can bring a friend with them.
- Students will be selected at random, but they must have 100% attendance in the last 10 school days.
- They will get to beat the refresh queues first break and have a free meal, pudding and drink.
- Well done to Ruby, Daisy, Jake, Jamie & Lucy who enjoyed their meal with their friends on Friday.



Wow of the Week

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Wow of the Week for this Week will be a Christmas present Lucky Dip & Will be available 1st break on a table outside refresh!