

ANTI-BULLYING WEEK 2024

CHOOSE

RESPECT



ANTI-BULLYING
ALLIANCE

PaJeS
wellbeing



https://youtu.be/sZ_CkltlgS4



WHAT IS BULLYING?

Anti-Bullying Alliance's Definition:

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.

WHAT IS RESPECT?

"People do not win respect by insisting on the right to be respected. Respect is earned: that is what makes it respect"

Rabbi Sacks



<https://youtu.be/gkCfq3xsrsM>





<https://youtu.be/xJN4JE7h4S0>



WHAT IS RESPECT?

Oxford Languages definition:

Have due regard for (someone's feelings, wishes, or rights).



Is respect
something that is
earned?

WHAT IS RESPECT?

"That which is hateful to you, do not do to your fellow!"

Elder Hillel

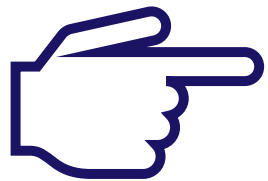


**What does respect
mean to me?**

GROUP DISCUSSION



Is it possible to disagree and argue respectfully without resorting to bullying?







Is it important that we know how to disagree respectfully without resorting to bullying?







<https://youtu.be/ZVvE0jS1K3M>



OUR TOP CHOOSE RESPECT TIPS

-  **1) Active listening**
-  **2) Use "I" statements**
-  **3) Stay calm and take breaks**
-  **4) Focus on behaviour, not character**

OUR TOP CHOOSE RESPECT TIPS

-  **5) Seek common ground**
-  **6) Agree to disagree**
-  **7) Don't resort to making things personal**
-  **8) Reflect and learn**

RESPECT IN ACTION



Demonstrating respect for others, self-respect, and being respected are interlinked elements essential for fostering healthy and positive interactions.