



All Different

All Equal

#ANTIBULLYINGWEEK
13th – 17th November



[Anti-bullying week video - All different, all equal](#)

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[BBC anti-bullying videos](#)

The Invisible War

‘Sticks and stones may break my bones

But words will never hurt me.’

That’s the lie they always tell,

But the truth of it deserts me.

The things they say stick in my mind

And keep me turning in bed,

They make me not want to go to school

And fill each break-time with dread.

My Mum says: “just ignore them all.”

That’s easier said than done,

They ruin anything I try and do

And remove any chance of fun.

**Nobody wants to stick up for me,
Nobody will be my friend,
So they keep on laughing and I stay alone,
With no-one to help make it end.**

**Maybe I won't go to school the next day,
Or even the day after that,
No one will miss me, or wish I was there.
There can be no doubt about that!**

Then I told my teacher, and you'll never guess,
They hadn't known I felt so bad.
They helped me feel better, and feel less afraid
They seemed disappointed and mad.

They told me that they would do all that they could
To make all my suffering end,
And they made a difference, they helped it change
My teacher was my first friend.

They made all the bullies say sorry to me,
They made lots of phone calls to home
They kept them all in during break-times, and they
Stopped me from feeling alone.

Sometimes now people still say nasty things

But it isn't still day after day

So I can ignore it. Not take it to heart

And not let it get in my way

So if you're getting bullied, please listen to me

Do not fight the invisible war

Stand up, tell someone, don't just sit there afraid

And a bully will bully no more.

OUR PLEDGE FOR ANTI-BULLYING WEEK

We can and should celebrate our differences, but also understand how important it is to work together and appreciate how those differences help us all to be a better community - One that works together to prevent bullying.



TIME TO REFLECT

Think of one thing you are going to do this week to make someone you know in school feel valued, respected and part of the school community.

In your classes discuss what you could do with your teacher. It doesn't have to be very big – it is the small acts that often mean the most.

In our next assemblies and parent coffee morning, we will be sharing some of the ways others made us feel valued and unique, remembering that we are all different, but all equal.