



Please support Anti-Bullying Week

The Irish Football Association is once again supporting the annual Anti-Bullying Week and we are encouraging clubs across Northern Ireland to also provide support.

The theme of Anti-Bullying Week 2022 is 'Reach Out'. The theme was developed with the help of parents, teachers, children and young people from across the UK with the hope of encouraging people to challenge bullying and create kinder communities.

We all know the devastating impact bullying can have on people's lives.

Whether it's at school, at home, in a football club or during any other activities, either offline or online, it can negatively impact physical and mental wellbeing.

This week (14-18 November) along with the Northern Ireland Anti-Bullying Forum we are encouraging people to reach out and safely challenge bullying behaviour. We can't change it until we challenge it.

Football clubs can be an excellent place to challenge bullying behaviour, so we are encouraging all our clubs to consider what they can do across the week to try to address this issue.

We would urge players, coaches and club welfare officers to reach out to anyone they believe is being bullied and to look out for any concerning behaviour and challenge it.

Kicking off the week is an Odd Socks Day where people simply wear odd socks for a day. It provides the perfect opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique.

We have also been working with the TAMHI (Tackling Awareness of Mental Health Issues) charity to develop a game that can be used in training sessions to raise awareness of the impact bullying can have in a person's life.

You will find the game and further information about Anti-Bullying Week on pages 2 and 3 of this mailer.

Thanks in advance for your support.

Kevin Doyle

Safeguarding Service Delivery Manager
Irish Football Association

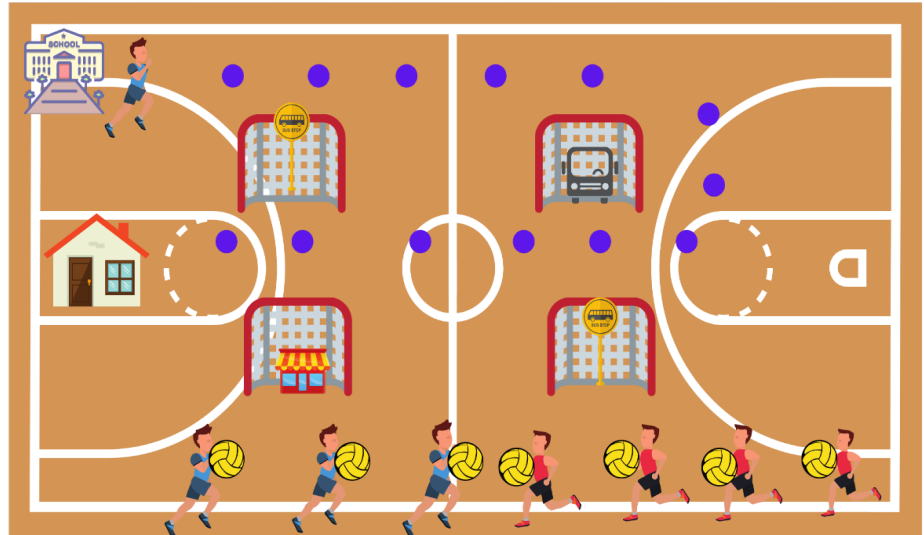
[#AntiBullyingWeek](https://www.instagram.com/anti_bullying_week)

GAME: BULLY RUN

Learning outcome(s)

Participants will be able to:

- ✓ Promote anti-bullying
- ✓ See an illustration of a person going through a tough time, going from school to home
- ✓ Help everyone understand what it feels like to be subjected to bullying behaviour



Equipment required:

- Pop up goals
- Cones
- Soft balls to throw
- Head guards (optional)

Delivery notes:

- Set up an obstacle course using the pop-up goals as shields/safety points
- Set up a zone where people throw balls at the 'target person'. Each person should have a ball
- Lay out cones as the path from school to home

Activity

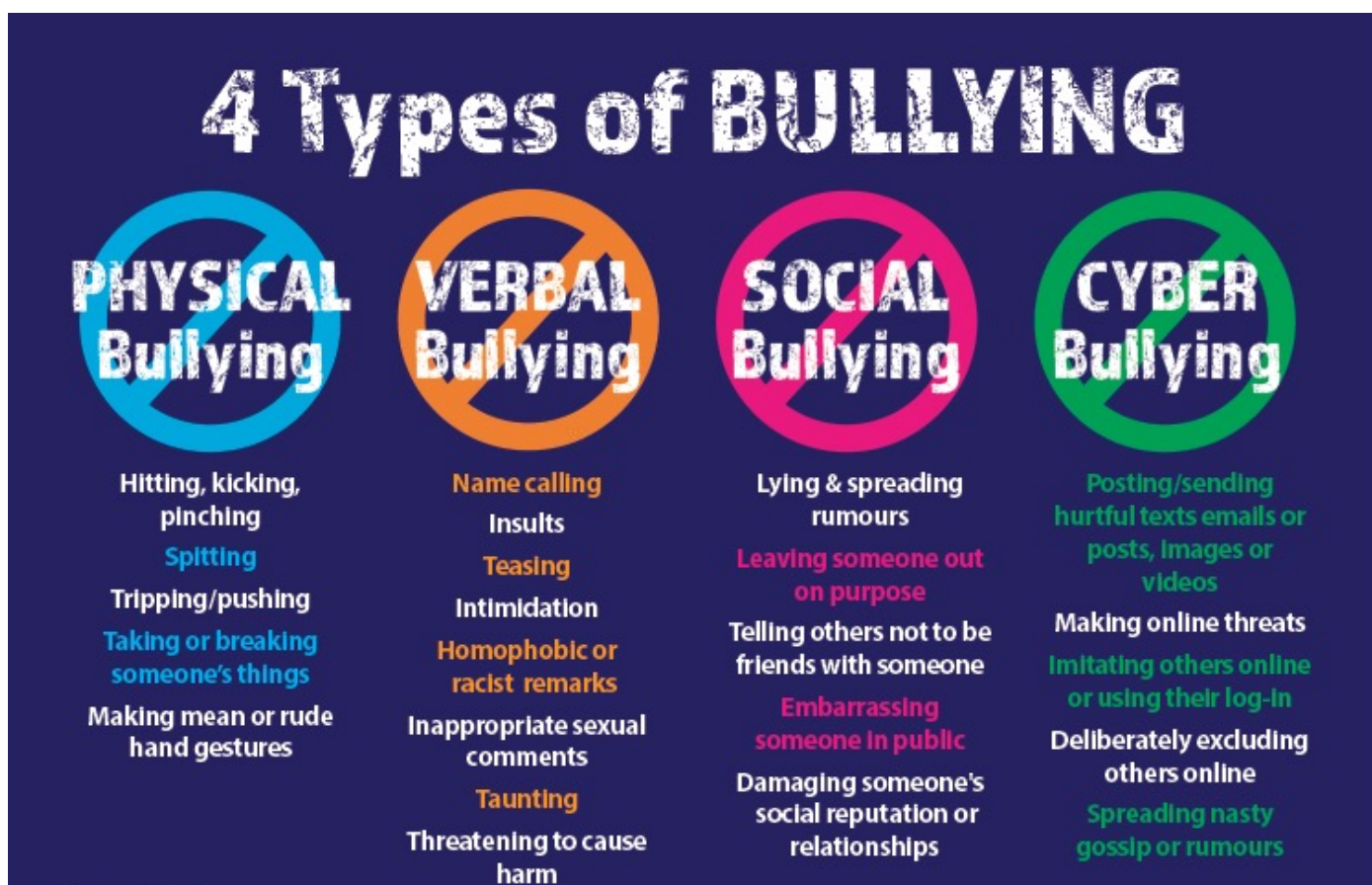
- Appoint a person who will be subjected to bullying behaviour who must follow the path to get from school to home
- Set out an obstacle course with:
 - School • School bus stop • Home bus stop • Local shop • The walk home or substitute as appropriate)
- Line out players to throw balls at the person who will experience the bullying behaviour.
- When person leaves school the 'throwing players' must target them with dodgeballs
- Aim of the target person is not to get hit
- **After the game:** Talk about bullying and what the balls can represent (see Figure 1 on page 3)

Progress (Part 2 of the game)

- Appoint up to four participants (if a small group e.g., in a group of 10, use two helpers) to stand up for the person who was targeted with bullying behaviour
- Emphasise to participants that it is important to ask for help. Helpers can represent parents, teachers, friends, youth workers, anti-bullying ambassadors (or substitute as appropriate).
- Focus your conversation on talking points around bullying and help-seeking behaviour
- Focus on how people feel with protection (they should feel safer/better)
- You can also use this opportunity to explore the concept of 'fake friends' if appropriate
- Always reinforce the message that it is ok to ask for help and to speak to a trusted adult ASAP

Figure 1:

The Northern Ireland Anti-Bullying Forum (NIABF) defines bullying as behaviour that is usually repeated by one or more persons intentionally to hurt, harm or adversely affect the rights and needs of another or others.



4 Types of BULLYING

PHYSICAL Bullying	VERBAL Bullying	SOCIAL Bullying	CYBER Bullying
<ul style="list-style-type: none"> Hitting, kicking, pinching Spitting Tripping/pushing Taking or breaking someone's things Making mean or rude hand gestures 	<ul style="list-style-type: none"> Name calling Insults Teasing Intimidation Homophobic or racist remarks Inappropriate sexual comments Taunting Threatening to cause harm 	<ul style="list-style-type: none"> Lying & spreading rumours Leaving someone out on purpose Telling others not to be friends with someone Embarrassing someone in public Damaging someone's social reputation or relationships 	<ul style="list-style-type: none"> Posting/sending hurtful texts emails or posts, images or videos Making online threats Imitating others online or using their log-in Deliberately excluding others online Spreading nasty gossip or rumours