

Anti-Bullying  
Week 2021

**SECONDARY  
SCHOOL  
PACK-WALES**

 ANTI-BULLYING  
ALLIANCE

ORGANISER



Llywodraeth Cymru  
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**ONE  
KIND  
WORD**

# ANTIBULLYINGWEEK  
MONDAY 15<sup>TH</sup> TO FRIDAY 19<sup>TH</sup> NOVEMBER

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This pack is also available  
in the Welsh language [HERE](#)



## INTRODUCTION

Anti-Bullying Week 2021 is happening from Monday 15th – Friday 19th November and has the theme 'One Kind Word'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. We have worked with over 300 children and young people to decide the theme for this year.

### THE ONE KIND WORD CALL TO ACTION

Ask if someone's OK. Say you're sorry.  
Just say hey.

In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity. It starts with one kind word. It starts today.

**ONE  
KIND  
WORD**

All of the ideas in this pack are designed to help schools to celebrate and take part in Anti-Bullying Week. It is mainly targeted towards Key Stage 2 but could be easily adapted to Key Stage 1. **We've designed the resources so they can be adapted to the ever-changing situations in schools relating to COVID-19.** They could be delivered online, in smaller groups or as whole assembly groups.

The pack contains an **assembly plan, lesson plan (could be two lessons) and cross curricular activity ideas** that are designed to encourage students to think about how we can unite to address bullying both online and offline. This pack has been written for schools but the activities can be adapted for any setting for young people.

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We rely on fundraising to provide you with these Anti-Bullying Week school resources each year. We'd be grateful if you would consider donating or fundraising for the Anti-Bullying Alliance to ensure we can keep providing these resources.

- You can donate directly to us via our [Just Giving page](#).



- Or send us a cheque should be made payable to 'Anti-Bullying Alliance' and be sent to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and your address as we like to acknowledge all funds raised wherever possible.



## DELIVERING THESE MATERIALS TO STUDENTS WILL INVOLVE CAREFUL PLANNING.



### As the adult delivering the session:

- consider any students who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session;
- be aware of any changes in student behaviour during the session as this may highlight a bullying-related issue;
- ensure students do not disclose personal information or specific incidents during the session but remind them an adult in school will be available to talk to them afterwards.

### During the session, make sure students are taught:

- how to report bullying;
- the language to talk to a trusted adult about their experiences and feelings;
- when and how to ask for help and make sure they are listened to;
- that there are people who care and can help if they are struggling with a bullying-related issue;
- the school's Anti-Bullying Policy.

# Odd Socks Day

## MONDAY 15<sup>TH</sup> NOVEMBER

**This year we are holding Odd Socks Day.** It is a chance for primary schools to celebrate Anti-Bullying Week in a positive way by asking students to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you have to do to take part is wear odd socks, it could not be simpler!

Odd Socks day will take place on the first day of Anti Bullying Week, **Monday 15th November** to help raise awareness for Anti-Bullying Week.

**It comes with a school pack of lesson plans and activity ideas, which you can find [here](#).**



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Help With Bullying

## RIGHTS, RESPECT, EQUALITY: SUPPORT FOR SCHOOL LEADERS AND GOVERNORS IN WALES

In September 2020 the Welsh Government launched [Rights, respect, equality: statutory guidance](#) to assist school governors, staff and relevant professionals working within a school environment in developing and implementing anti-bullying policies and strategies.

The Welsh Government is funding Kidscape to provide support to school leaders and governors to embed the guidance and improve their anti-bullying policy and practice. This includes a monthly webinar open to all school leaders and governors on the Rights, Respect, Equality guidance, as well as working with the Anti-Bullying Alliance to develop bespoke anti-bullying training for governors in Wales.

**For more details on training dates visit:**  
[Rights, Respect, Equality: Support for School Leaders and Governors in Wales \(kidscape.org.uk\)](#)

## MORE SUPPORT FROM KIDSCAPE:

### ZAP online workshops

Kidscape runs free monthly online workshops for children and families who have been impacted by bullying and would welcome additional support. ZAP workshops have been delivered to thousands of children over the last twenty years, and help to build confidence and assertiveness skills in children.

[For more details visit ZAP Community Workshops](#)

### ZAP in schools' workshops

Kidscape ZAP in schools' workshops help children understand and challenge bullying behaviour, including using the 'ZAP tools' to increase confidence and assertiveness skills. The workshops are delivered to class size groups of children.

[For more details visit ZAP in Schools: Assertiveness & Resilience](#)

### Peer Mentoring Training

The Kidscape Peer Mentoring programme provides training, resources and additional support to assist school staff with implementing a sustainable programme based on the identified needs of their setting. The programme can be delivered in both primary and secondary school settings.

[For more details visit Peer Mentoring Programme](#)

### Parent Advice Line

Kidscape run a Parent Advice Line service for parents and carers who are struggling to resolve a bullying situation.

[Parent Advice Line](#)



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# CURRICULUM MAPPING

The following areas of the national curriculum for Wales have been met by delivering the Anti-Bullying Week secondary lesson:

## CRITERIA: PERSONAL AND SOCIAL EDUCATION FRAMEWORK FOR 7 TO 19-YEAR-OLDS IN WALES

### ACTIVE CITIZENSHIP:

- Develop respect for themselves and others
- Value families and friends as a source of mutual support
- Value diversity and recognise the importance of equality of opportunity
- Participate in school life
- Explore their personal values
- Be honest and fair and have respect for rules, the law and authority
- That personal actions have consequences.
- Be committed to active involvement in the community

### HEALTH & EMOTIONAL WELL-BEING:

- Develop positive attitudes towards themselves and others
- The factors that affect mental health and the ways in which emotional well-being can be fostered
- Value and contribute to their own well-being and to the well-being of others
- Be aware of their own feelings and develop the ability to express them in an appropriate way
- Understand the relationship between feelings and actions and that other people have feelings
- Demonstrate care, respect and affection for others and their environment

## TAKE A LOOK AT THESE RESOURCES FROM THE WELSH GOVERNMENT HWB SITE:



**Rights, respect, equality: guide for children -** Guidance to help children deal with bullying.



**Bullying: posters for children and young people -** Posters to display in schools with advice on what to do and who you can tell if you are being bullied.



**Challenging bullying: Rights, respect, equality -** Children - Toolkit to support young people affected by bullying.



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# ASSEMBLY PLAN

## AIMS



- To understand what school is doing for Anti-Bullying Week 2021: One Kind Word
- To understand the theme for One Kind Word.
- To be inspired by acts of kindness from the media

## TIME



- 20 min

## OUTCOMES

By the end of the assembly, students will:



- Have discussed and expressed their own ideas about what kindness is.
- Understand that it's never too late to show kindness.

## RESOURCES AND PREPARATION

(Click the links to download the files)



-  [Anti-Bullying Week 2021: Assembly Plan PowerPoint](#)
-  [Anti-Bullying Week 2021: Secondary School Film \(this 2-minute-long film will be available in English and Welsh on our website by Friday 12th November. Please watch the film to check for suitability prior to showing it to students\)](#)

## SETTING THE SCENE (5-10 mins)

Welcome the students to this year's Anti-Bullying Week.

Display **SLIDE 2** which shows the Call to Action for this year's Anti-Bullying Week.

Ask them for their initial feedback on the Call to Action. How does it make them feel? Do they think kindness is a good thing to focus on?

Ask students to give examples of the things that 'bullies' do. They will say things like 'calling people mean names', 'sending horrible what's app messages', 'spreading rumours'. Note all of them down either electronically or on a whiteboard. Ask the students to put themselves into two groups of 'have done' and 'have not done'. Most people will put themselves in the 'have not done' group if they are being honest.

The message we are trying to get across to the students is that we all have the power to make decisions about how we treat each other. Everybody makes mistakes. Everybody will make a bad decision at some point. What is most important is that we always reflect on how those bad decisions effect people - it is never too late to show someone kindness. The smallest of actions can make a big difference to how someone's day goes. Although your actions may not always seem like they have impact, the smallest of kind actions can spark a chain reaction.

## FILM (5 mins)

Display **SLIDE 3**

Play the official Anti-Bullying Week film for this year. It's two minutes long. We'd suggest watching it before you show it to ensure it's right for your students.

Ask students for feedback on the message of the film. Do they agree with it? What role do they think they have to play in reducing bullying?

### WATCH OUR ONE KIND WORD VIDEO



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## KINDNESS EXAMPLES (5-10 mins)

Ask students to think of some examples of kindness that have either happened to them or that they've seen online or on TV that has inspired them. Ask some members of staff to have some examples ready that they can suggest as well. What happened? How did it make them feel?

## CAN WE START A CHAIN REACTION OR RIPPLE EFFECT OF KINDNESS IN OUR SCHOOL? (5-10 mins)

Ask students to give you a definition of a chain reaction or ripple effect.

- **Ripple effect definition:** The continuing and spreading results of an event or action.
- **Chain reaction definition:** A chemical reaction or other process in which the products themselves promote or spread the reaction.

Explain that we want to start a chain reaction of kindness. We ask each person in our school community: students and adults to do at least three kind things this week to help start this chain reaction.

## TO END, SHARE:

- Anything else that the school is doing for Anti-Bullying Week 2021, for example, lesson plans fundraising activity, reviewing the school anti-bullying policy etc.
- How students can report bullying and anything they might be worried about.
- You could use Slide 4 to show who students can speak to about Anti-Bullying Week and reporting bullying.

## EXTRA ACTIVITY

As an additional activity, you might want to organise a class or your anti-bullying ambassadors/peer supporters to present their inspirational kindness quotes, what kindness means to you, stories about kindness or examples from the media of kindness.



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# LESSON PLAN

## AIMS



- To be able to define bullying
- To reflect on experiences of showing and receiving kindness
- To know how to be a defender when bullying takes place
- To know how to disagree with peers without resorting to unkindness and bullying
- To provide feedback to all school staff and students about how we can make our school a kinder place.

## TIME



- 60 - 120 min

This could be one or two lessons depending on the length of activities undertaken.

## OUTCOMES

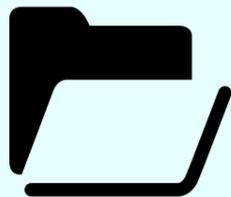
By the end of the a lesson, students will have:



- Discussed and expressed their own ideas on bullying that is happening in society and can identify ways to prevent it from happening in the future.
- An understanding of how they could be a defender in bullying incidents whilst not putting themselves at risk.
- Developed skills to think carefully about when disagreements can become bullying.

## RESOURCES AND PREPARATION (Click the links to download the files)

You can adapt this lesson plan to meet the needs of your classrooms. You may want to spread these activities over 2-3 lessons or complete all activities.



- [Secondary School Lesson Plan PowerPoint](#)
- [Anti-Bullying Week 2021: Secondary School Film \(this 2-minute-long film will be available in English and Welsh on our website by Friday 12th November. Please watch the film to check for suitability prior to showing it to students\)](#)
- [Have your anti-bullying policy to hand and your shared definition of bullying or the ABA definition](#)
- [Handout 1](#)

## ESTABLISH GROUND RULES (5 mins)

Before starting the lesson, establish ground rules the class should follow today to discuss issues about bullying and how we should treat each other.

For example:

- Listen to all opinions
- Agree to stay respectful
- Only one person to talk at once in a whole class discussion
- No personal comments or naming of anyone in discussions
- Reminder to speak to you if they are worried about bullying

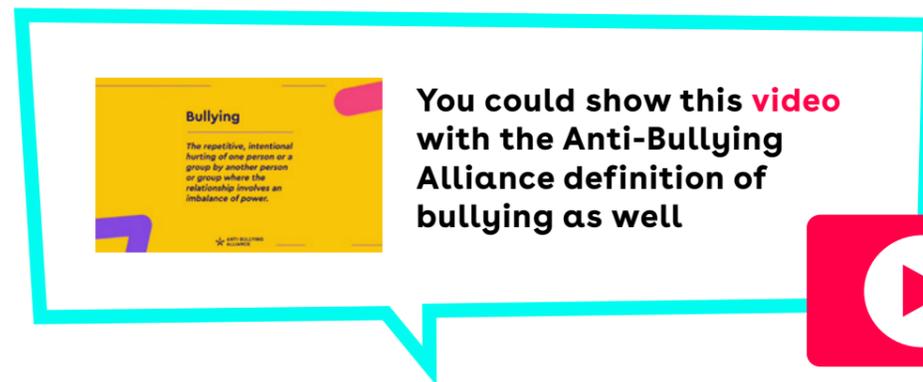
## WHAT IS BULLYING? (10 mins)

### Display SLIDE 2

Ask students if they can remember your definition of bullying. Share your definition of bullying and your anti-bullying policy. You could use the Anti-Bullying Alliance definition on **Slide 2**:



Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.



You could show this video with the Anti-Bullying Alliance definition of bullying as well



Ask them to think of all the words that bullying can make a person feel. You could write them on a board or just ask them to shout out the word. Tell students that these feelings are not what we want you to feel while you're at school and it's important we all work to make sure no one feels like this.

Tell pupils that this year's Anti-Bullying Week has the theme **'One Kind Word'**

## THE 5 KINDNESS QUESTIONS (15-20 mins)

Display **SLIDE 3**



Show the Anti-Bullying Week **video**



Give each pupil **Handout 1** and/or display **Slide 4**. Ask them to do some quiet reflection for 5-10 minutes on each of the **5 Kindness Questions**:

**1.** Am I kind to myself?

**2.** Am I kind to others?

**3.** Are people kind to me?

**4.** Do I understand when people are kind to me?

**5.** Do I help people who are being bullied?

These are important questions about how we can show each other and ourselves kindness. They may raise issues / emotions for students so be aware of anyone you think might need support. You might want to ask if anyone has anything about these questions they do want to share.

Reiterate how important it is to be kind to yourself. Sometimes when we develop really self-critical tendencies we can end up bullying ourselves and it's very important that we show ourselves kindness and understanding in the way we (hopefully) show others.

## SHOWING KINDNESS WHEN WE SEE BULLYING HAPPENING (15-25 mins)

Introduce the idea that often people feel that you have to come in on a white horse to intervene in bullying incidents. It's often really hard to know how to help when you see unkindness and bullying taking place. Sometimes people don't know what to do or are worried about becoming a target themselves.

Display **SLIDE 5-8**

For this activity, you can either go through each scenario as a whole group or put students in smaller groups to think about each scenario (print and hand out Slides 5 - 8). Depending on time you could ask them to look at each scenario or just one per group. Ask them to present their ideas back to you. The aim of this section is to give them ideas about how they can subtly become defenders in bullying incidents.

**Please review these scenarios before sharing them:** Consider things like how age-appropriate they are for your classroom or if the names are the same as students in your classroom. You may want to consider tweaking them in the handouts/PowerPoint.

### SCENARIO

You find out that a group of your friends have been anonymously posting unkind and threatening comments on Kadeem's TikTok videos. You know Kadeem is sad and scared about it but he's not in your friendship group so you don't know how to approach him.

### WHAT COULD YOU DO?

- Subtly ask Kadeem if he's ok because you've seen the comments.
- Report the comments to Tik-Tok.
- Tell a teacher or adult you trust.
- If you feel confident, try to talk to your friends about how hurtful it might be for Kadeem.



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## SCENARIO

## WHAT COULD YOU DO?

Ffion joined school half way through the year. You saw her sitting on a table on her own in the canteen. You know from speaking to her before that you don't have much in common but you also don't want her to be on her own.

- Get to know Ffion better to see if you do have things in common and, if you don't, do you know another friend who does share interests with her that you could then introduce?
- Tell a teacher that you've seen her on her own.
- Suggest some school activities or groups Ffion could do at lunchtime.

Harry trips Huw every time he walks down the aisle of the school coach in the morning. Everyone laughs but the driver hasn't noticed. You're worried Harry will pick on you if you do anything but you want to help Huw.

- When you get a moment away from people, tell Huw that you've noticed what's going on and that you know it's not kind and shouldn't be happening to him. Check if he wants help to anonymously report it to school.
- Try to quietly alert the bus driver.
- Use the school reporting process to report the incident.

Faiza tells Molly that she thinks she's 'weird' in front of you. She starts really laying in to her and it's really awkward and over the top. Molly looks shocked and upset.

- Say to Faiza that you don't like what she's saying.
- Ask Molly if she's ok after the incident.
- Try to talk to Faiza about it after and say that she was being unkind.

## IS IT POSSIBLE TO DISAGREE KINDLY? (30 mins)

Tell the students this Anti-Bullying Week, we want to take a fresh look at kindness to find out if it's possible to disagree in a kind manner. Ask the group if they can think of any times in the media (TV, films or among influencers) where people have disagreed kindly and where they've not. For example, they might talk about political debates that become personal or the latest reality TV episode.

### Display SLIDE 9

Ask them to go into groups and write together some tips about how people can disagree (be it online or face-to-face) in a kind way without it tipping the balance into bullying or without getting personal.

### Display SLIDE 10 Here are our top tips:

1. Try not to get personal

2. Use non-accusatory language

3. Try not to put other people down

4. Stay calm

5. Try to understand and listen

6. Let people speak

7. Take a break and try to stay calm

8. Think about the good

9. Know when to agree to disagree

10. Remember that we don't have to agree to get on with each other. Disagreeing with someone is not an excuse to ever bully someone.

The key message from this section is that it is ok for us to disagree or not always get on but it doesn't have to turn into bullying behaviour or unkindness. It's up to us to manage how we react.

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## AGREE OR DISAGREE? (15-25 mins)

In this section we are going to do a bit of self-reflection as a school. Be open to hearing what students have to say about their experiences in school. Tell them that you'd really like to hear what they honestly think about this statement.

### Display **SLIDE II**

**“ Our school is a kind school ”**

Ask the students to discuss whether they agree or disagree with this statement. Put them in to pairs or small groups and ask them to write evidence for and against this statement.

Ask them to present back their thoughts. Make sure you focus on the good and bad points listing the positives and their suggestions for change.

**THIS IS A GREAT OPPORTUNITY TO REVIEW YOUR ANTI-BULLYING POLICY AND PRACTICE AS A WHOLE-SCHOOL.**

## TO END (5 mins)

It's not always easy to show kindness when you're angry or frustrated but it's important that we make sure we aren't unkind.

Remind students to talk to you if they are worried about bullying, tell them how to report bullying and remind them about your anti-bullying policy.



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## CROSS CURRICULAR ACTIVITIES

The cross curricular ideas take the theme further and help you weave Anti-Bullying Week throughout the curriculum.

### IT: DESIGN YOUR PERFECT SOCIAL MEDIA PLATFORM



As students to design their own social media platforms that don't have bullying. Ask them to consider:

- The community guidelines of the platform
- The ethos
- How it handles reports of bullying
- Privacy settings
- How it handles hate speech

Ask for feedback and take the opportunity to learn how students currently use social media.

### ENGLISH – RESPONDING TO FICTION



Ask the students to think about their favourite novel, poem or play (or one which they have read recently). Get them to discuss the following with a partner:

- Who was the protagonist?
- In what way did they form alliances with supporting characters?
- How were they portrayed? What image do they conjure?
- How did the alliance help the protagonist to overcome the main conflict in the story?
- If no alliances were made, consider what could have been achieved if this had happened.
- What happens to the antagonist in the end? Would you like to be them? Why/why not?

## CITIZENSHIP/ PSHE – DEBATING THE CROWD



Show the class this 4 minute TedTalk YouTube video.



We recommend you watch the video first. Watch the video about following the crowd. Get the students to split into two groups. The two groups must debate the following questions for and against.

#### Questions for the students:

- It is too difficult to stand out from the crowd and not look abnormal?
- You are always responsible for your actions because you are responsible for your thoughts?
- He talks about the pressure to conform. What are the pressures society put on people to follow the crowd?

## PSYCHOLOGY- THE BYSTANDER EFFECT



This activity is for KS4 and Post-16 students.

The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation or against a bully.

Get students to watch the clip:



Discuss the theory presented in the video that people are less likely to help when they are in groups? What does it say about human instincts? This is a light hearted video but discuss bystanders in bullying situation.

Discuss what the barrier to intervening in bullying situations are. Especially focus on how to be an upstander in a safe way.

## ART – ANTI BULLYING FLAG COLLAGE



Ask students to design an eye-catching flag that features a symbol of unity. They may use as many or as little colour as they wish. Ask the Head teacher to designate an area, preferably the assembly hall, to create a collage of all the flags.



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# OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2021

1. On Monday of Anti-Bullying Week we hold [Odd Socks Day](#) where we ask schools and organisations to wear odd socks to school to celebrate what makes us all unique.
2. [Sign up to be a supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
3. Display the [Anti-Bullying Week Poster](#) up around school.
4. You can purchase a range of amazing [Anti-Bullying Week merchandise](#) including wristbands and stickers from our online shop.
5. You can share our [Anti-Bullying Week Pack for parents and carers](#) developed with Kidscape among parents and carers in your school.
6. We have [free CPD anti-bullying online training](#) available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so do not delay - complete today!
7. Anti-Bullying Week is not government funded so we need to raise funds to run it each year. If you are able to [fundraise for us or any of our member charities](#) during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to fundraise for us in Anti-Bullying Week here.
8. [Review your anti-bullying policy](#) as a school. We have some handy tips to help with developing your anti-bullying policy. Anti-Bullying Week is a great opportunity to review you policy as a school.
9. Please [share your activity with us on social media](#). Use the hashtag [#AntiBullyingWeek](#) and [#OneKindWord](#). We love to see what you're doing. Share with us your videos, artwork and messages.



## VOTESFORSCHOOLS

For this year's Anti-Bullying Week, **VotesforSchools** will be posing a question around the language of kindness and the impact that language can have.

For a **FREE** set of resources and a chance to join the debate, [CLICK HERE](#) stating your interest in Primary, Secondary or College. Then, check back on our social media to see the results!



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Anti-Bullying Week is coordinated by the **Anti-Bullying Alliance (ABA) in England**. We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



**The ABA has three main areas of work:**

1. Supporting learning and sharing best practice through membership
2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns
3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives

ABA is based at leading children's charity the National Children's Bureau.

**We'd like to extend our thanks to the follow:**

- All the young people involved in developing the theme this year and the school films. Particularly those young people from Somerville Primary School in Birmingham and Blaengwrach Primary School in Cwmgwrach.
- Unique Voice CIC, who developed the films for Anti-Bullying Week 2021, and all of the young people who participated. Unique Voice work in schools and the community with children, developing social and emotional skills through creative arts.
- The Welsh Government for their support to help us bring Anti-Bullying Week to schools in Wales again this year.



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# ONE KIND WORD

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Please share your One Kind Word activity with us online!



@abaonline



AntiBullyingAlliance



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