

Primary School and Setting Pack

Anti-Bullying Week 2026: Break the Silence



 **BREAK THE
SILENCE**

#ANTIBULLYINGWEEK

 www.anti-bullyingalliance.org.uk



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INTRODUCTION

This pack has everything you need to take part in Anti-Bullying Week 2026 with primary school age young people.

Anti-Bullying Week 2026 takes place from Monday 16th - Friday 20th November with the theme 'Break the Silence'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. This year we have worked with children and young people up and down England, Wales and Northern Ireland to decide the theme.

The campaign comes as bullying continues to affect huge numbers of children and young people. Research highlighted by the Anti-Bullying Alliance shows that more than one in five children report being bullied each year, with serious impacts on mental health, wellbeing, belonging and educational outcomes.

Evidence also shows that many children and young people still do not tell anyone when bullying happens to them.

ANTI-BULLYING WEEK 2026: BREAK THE SILENCE CALL TO ACTION VIDEO

Millions of children and young people experience bullying every year. Many never tell anyone.

They stay silent when they are being bullied, when they see it happening, and sometimes when they feel drawn into it themselves. When silence persists, bullying can grow.

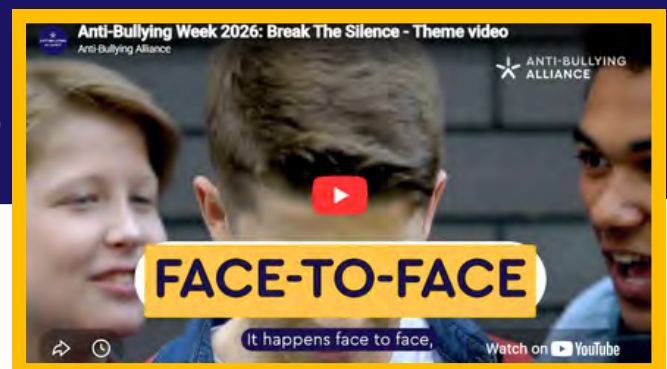
In today's world, bullying can happen in new and more complex ways. It happens face to face, online, and through new technologies. And in a world that can feel more divided and less kind, young people feel the impact.

But we can change that. When people come together, speak openly, and choose kindness, bullying loses its power. Every conversation, every act of support, and every voice raised against bullying makes a difference.

This Anti-Bullying Week, we are encouraging everyone to start the conversation about bullying. We are calling on children and young people to speak up and share their experiences, and on adults to listen, support, and act.

Across schools, communities, and organisations, people will come together to take meaningful action against bullying and create kinder, more supportive environment where all children and young people belong.

Join us this November for Anti-Bullying Week 2026: Break the Silence





ABOUT THIS PACK

The ideas in this pack are designed to help schools and other youth settings celebrate and take part in Anti-Bullying Week. Although it is mainly designed for classroom and assembly delivery for key stage 1 and 2 (for key stage 1 you may need to spend more time explaining terminology), the pack can be easily adapted to deliver to smaller groups and online, as well as to different age groups where appropriate.

The pack contains a 20 minute assembly style activity, two 60 minute lesson/activity plans and cross-curricular activity ideas that are designed to encourage pupils to think critically about how we can 'Break the Silence' to address bullying both online and offline.

WE NEED YOUR HELP TO CONTINUE TO BRING YOU ANTI-BULLYING WEEK!

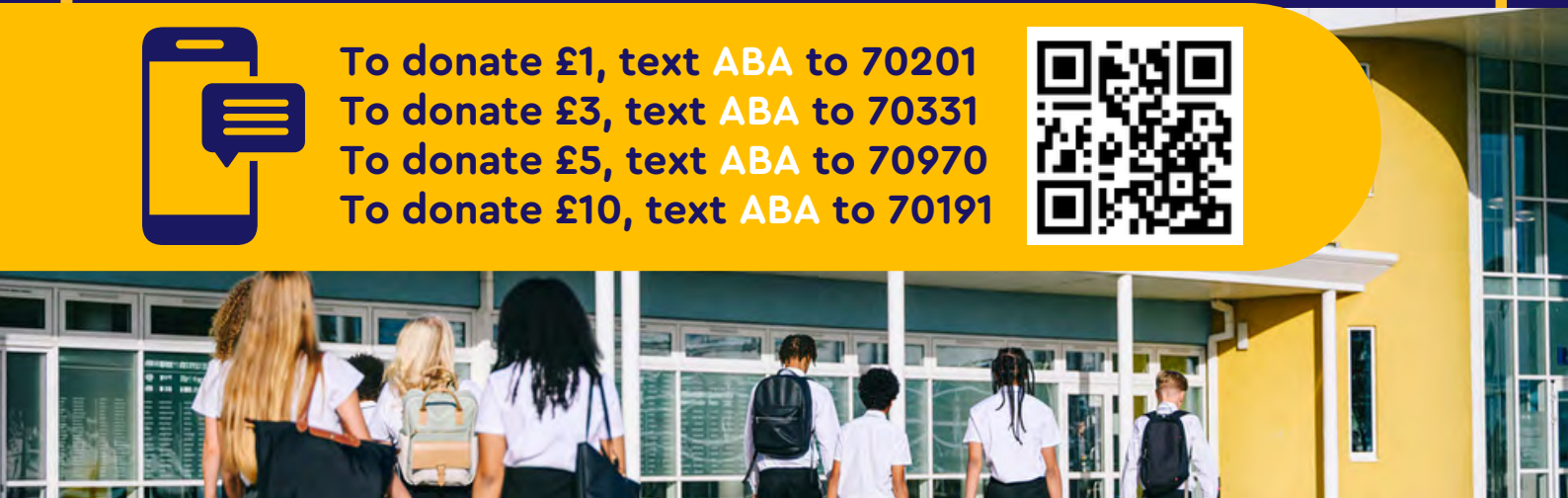
We rely on fundraising to be able to continue to provide you with free Anti-Bullying Week resources each year. We'd be grateful if you would consider **donating** or **fundraising** for the Anti-Bullying Alliance to ensure we can keep providing these resources.

- You can donate directly to us via our [JustGiving page](#).
- Or send us a cheque made payable to 'Anti-Bullying Alliance' and send to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and email address as we like to acknowledge all funds raised wherever possible.
- All donors that fundraise over £50 will receive a 'fundraising hero' certificate.

JustGiving™



To donate £1, text **ABA** to **70201**
To donate £3, text **ABA** to **70331**
To donate £5, text **ABA** to **70970**
To donate £10, text **ABA** to **70191**





GETTING READY

BREAK THE SILENCE

For this year's Anti-Bullying Week theme, Break the Silence, we encourage children, young people and adults across the UK to start conversations about bullying, speak up, listen and take action together.

In today's world, bullying can happen in increasingly complex ways, including face to face, online, through group chats, social media and emerging technologies. Anti-Bullying Week 2026 will encourage open conversations about bullying and help create environments where children and young people feel safe to speak and are supported when they do.

It's important to teach pupils that breaking the silence can start through small actions, and that these small actions matter. By equipping pupils with the skills to feel safe to speak up and supporting them to do so we can foster a kinder environment where everyone feels that they belong, are safe and valued.

LET PUPILS LEAD!

This year's Anti-Bullying Week has a particular focus on encouraging pupils to 'Break the Silence' and who better to explore and share this theme than pupils themselves. Anti-Bullying Week is a great way to get pupils involved in planning their own learning. Why not ask them to get involved in planning for parts of the week, with adult support?



There are lots of ways you can get pupils involved in Anti-Bullying Week:

- Allow a group of pupils to plan and deliver a school assembly or part of a lesson
- Ask pupils what they think about bullying in their community, ask if they think it happens, ask where it happens, ask what they'd like to see their school/setting do to prevent and respond to it?
- Ask pupils what activities they'd like to see delivered during Anti-Bullying Week
- Ask pupils to review the school's/youth setting's current Anti-Bullying Policy and make recommendations
- Ask pupils what they think of your school's/ youth setting's existing reporting bullying system and if they have recommendations on how to make it better
- Pupils could plan a fundraising event such as Odd Socks Day, a bake sale or fun run

BE MINDFUL

Whilst we try to make Anti-Bullying Week a celebratory event and a chance to raise awareness of bullying, for some pupils, particularly those that might be being bullied or those bullying, Anti-Bullying Week can be hard. Therefore, it's important to consider this during planning to ensure all lessons and activities are delivered sensitively.





GETTING READY

As the adult delivering the session:

- Read through the contents of these resources, handouts and videos to ensure they are suitable for your pupils e.g., do you need to consider if case studies need names changing? Or if they should be adapted for some of your pupils?
- Consider any pupils who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session
- Be aware of any changes in participant behaviour during the session as this may highlight a bullying-related issue
- Try to avoid pupils from disclosing personal information or specific incidents during the session but remind them an adult will be available to talk to them afterwards

GUIDANCE AND CURRICULUM

The lesson/activity plan, assembly plan, and cross-curricular activities within this pack could contribute to certain areas of the curriculum that pupils should know by the end of primary school. You can find relevant guidance and legislation, as well as curriculum mapping, in relation to bullying for schools in England, Wales and Northern Ireland [here](#).



The Anti-Bullying Alliance has a suite of CPD-certified anti-bullying eLearning courses for anyone that works with children and young people. Find out more [here](#).

The Anti-Bullying Alliance's website is full of free tools & information. This includes resources exploring what bullying is, tools for preventing and responding to it, and guidance on where to find advice and support. Find out more [here](#).

REMINDER



During the session, make sure pupils are taught:

- How to report bullying or anything they are worried about
- That there are people who care and can help if they are struggling with a bullying-related issue
- Where to find their school's/youth setting's Anti-Bullying Policy





ODD SOCKS DAY

Odd Socks Day



MONDAY 16TH NOVEMBER

Odd Socks Day is an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! There is no pressure to wear the latest fashion or buy expensive costumes. All you need to do to take part is wear odd socks, it could not be simpler!

To help you get involved, we've created a pack for schools & other youth settings, posters, a pack for workplaces and flyers. You can find them [here](#).





SCHOOL STAFF AWARD

Every year, as part of Anti-Bullying Week, we invite children and young people to nominate a teacher or member of school staff for our School Staff Award. This award celebrates the dedicated individuals who go above and beyond to prevent and respond to bullying, while raising awareness and creating a safe, inclusive school community. We can't wait to read this year's nominations and hear about the inspiring people making a real difference.



**School
Staff
Award**

#ANTIBULLYINGWEEK



The deadline for entries is 5pm,
Friday 25th September 2026



ANTI-BULLYING WEEK 2026 OFFICIAL MERCHANDISE

We have official Anti-Bullying Week 2026 merchandise to buy on our website.

New stock includes our new school pack collection of 'Break the Silence' stickers, fabric or silicone wristbands, and ABA t-shirts.



Get yours
here while
stocks last





ASSEMBLY PLAN

DURATION

This session should take 20 minutes to deliver, but can be adapted as needed.

RESOURCES NEEDED



[Break the Silence: PowerPoint slides \(Primary Assembly version\)](#)



[Break the Silence: Primary film \(2 minutes\) - please watch before delivering](#)



Optional pupil response cards or hands-up voting

LEARNING OBJECTIVES

By the end of the assembly, pupils will:

- Understand the meaning of the Anti-Bullying Week 2026 theme, Break the Silence
- Recognise that speaking up can help stop bullying and support others
- Know that everyone has a role to play in creating a safe and kind school
- Understand how they can get help if they are worried about bullying





ASSEMBLY PLAN

WELCOME AND INTRODUCTION (2 MINUTES)

Good morning everyone.

This week is Anti-Bullying Week and schools across England, Wales and Northern Ireland will be taking part.

This year's theme is **Break the Silence**.

Before we start, I'd like you to think about this question:

Have you ever wanted to say something but stayed quiet?

Maybe you knew the answer to a question.

Maybe you saw something that didn't feel right.

Maybe you were worried about someone.

You don't need to put your hand up or tell anyone, just think about it for a moment.

Today we're going to think about why people sometimes stay silent and how we can use our voices to make our school an even kinder place.

WHAT DOES BREAK THE SILENCE MEAN? (3 MINUTES)



Slide 2

Let's start with a quick show of hands. Why do you think people sometimes stay silent when something is wrong?

Take responses from pupils.

Possible answers:

- They feel nervous
- They feel embarrassed
- They don't want to get someone into trouble
- They think nobody will listen
- They don't know who to talk to

Thank pupils for their ideas.





ASSEMBLY PLAN

Explain:

Sometimes when bullying happens, people stay silent. The person being bullied might stay silent because they feel worried or upset.

Someone who sees bullying might stay silent because they don't know what to do.

Even adults sometimes stay silent because they are not sure how to help.

But when we break the silence by talking, listening and supporting one another, positive things can happen.

Breaking the silence doesn't mean shouting or arguing.

It means speaking up, asking for help, supporting others and starting important conversations.



FILM WATCHING ACTIVITY (6 MINUTES)

Slide 3

Let's watch a short film that explores this year's theme.

[Play Anti-Bullying Week 2026 Primary Film.](#)

Ask pupils:

- What happened in the film?
- How do you think the children felt?
- What made somebody decide to break the silence?
- What difference did it make?



Take several responses and draw out key messages:

- One person can make a difference.
- Small actions matter.
- Speaking up can help someone feel less alone.
- There are lots of different ways to break the silence.



ASSEMBLY PLAN

INTERACTIVE ACTIVITY: WHAT WOULD YOU DO? (4 MINUTES)



Slides 4, 5

Tell pupils: I'm going to read out some examples of scenarios.

If you think someone should speak up, put your hand on your head.

- **Scenario 1:** Someone is being left out of a game every day.
- **Scenario 2:** You hear somebody calling another child hurtful names.
- **Scenario 3:** A friend tells you they are worried about how someone is treating them.
- **Scenario 4:** You notice someone sitting alone looking upset at lunchtime.

After each scenario ask:

- Who could help?
- What could somebody say?
- What could somebody do?

**Reinforce that pupils are not expected to solve problems on their own.
Talking to trusted adults is an important way of breaking the silence.**

SCHOOL FOCUS FOR ANTI-BULLYING WEEK (2 MINUTES)



Slide 6

Use slide 6 in the Break the Silence: PowerPoint slides (Primary Assembly version) and tell pupils what your school or setting plans to do for Anti-Bullying week.

Examples:

- Taking part in Break the Silence lessons
- Creating a Break the Silence display
- Making pledges about kindness and respect
- Exploring how we can support one another
- Sharing ideas in class discussions



Throughout the week we will be thinking about how every member of our school community can help make sure nobody feels alone.



ASSEMBLY PLAN

CLOSING REFLECTION AND PLEDGE (3 MINUTES)



Ask pupils: Turn to the person next to you and share one thing you could do this week to help break the silence.

Allow 30 seconds discussion.

Bring pupils back together.

Emphasise: This Anti-Bullying Week, remember that your voice matters.

You can break the silence by:

- Speaking up when something is wrong
- Supporting someone who needs help
- Listening when somebody wants to talk
- Talking to a trusted adult if you are worried.

Together we can create a school where everyone feels safe, valued, respected and heard.

Let's finish with our Anti-Bullying Week pledge (display slide 7):

When we see something wrong, we won't ignore it.

When someone needs support, we will help them find it.

When we are worried, we will speak to someone we trust.

Together, we will Break the Silence.





PRIMARY LESSON PLAN 1

DURATION

This session should take 60 minutes to deliver, but can be adapted as needed.

RESOURCES NEEDED



[Break the Silence: PowerPoint slides \(Primary Lesson 1\)](#)



[Handout 1](#)



[Handout 2](#)

LEARNING OBJECTIVES

By the end of the lesson, pupils will:

- Understand what the theme Break the Silence means.
- Explore why people sometimes stay silent when bullying happens.
- Recognise how speaking up can help make situations better.
- Practise safe and positive ways to support themselves and others.
- Develop ideas for how they can help lead Anti-Bullying Week in their school.

KEY MESSAGES

- Bullying often continues when people feel unable to speak up.
- Breaking the silence can take many forms.
- Everyone has a role to play in creating a safe and respectful school.
- Children should always seek support from trusted adults if they are worried.
- Small actions can make a big difference.





PRIMARY LESSON PLAN 1

STARTER ACTIVITY: SOUND OF SILENCE (10 MINUTES)

Slide 2

Ask pupils to sit quietly for 20 seconds.

After the silence, ask:

- What did you notice?
- How did the silence feel?
- Was it comfortable or uncomfortable?
- Why do people sometimes stay silent?

Explain:

Sometimes people stay silent because they are worried, embarrassed, scared, confused or unsure what to do. Today we are going to explore how we can break the silence when someone needs support.



INTERACTIVE DISCUSSION:

Slide 3, Handout 1

Display the following statements around the room:

- I don't want to get involved
- Nobody will listen
- I might make things worse
- It's not my business
- I don't know what to say
- I don't want people to laugh at me



Read each statement aloud. Ask pupils to move to the statement they think might describe what would stop someone from speaking up.

Discuss:

- Why might someone feel this way?
- What could help them feel more confident?



PRIMARY LESSON PLAN 1

MAIN ACTIVITY: CASE STUDY DETECTIVES (20 MINUTES)



Slide 4, Handout 2

Divide pupils into small groups. Give each group a different case study.

Case study 1:

Mia loves football but every lunchtime some children tell her she cannot play because she is not good enough. Other children hear these comments but nobody says anything.

Case study 2:

Jay keeps being laughed at because of the clothes he wears. A few children think it is unfair, but they stay quiet because they do not want attention drawn to themselves.

Case study 3:

A group chat has been created without Aisha. Some children know she has been left out but nobody mentions it.

Case study 4:

Sam is often interrupted and laughed at when he answers questions in class. People notice but assume somebody else will help.

DETECTIVE QUESTIONS:

Groups discuss:

- What is happening?
- How might the child feel?
- Why might people stay silent?
- What could happen if nobody speaks up?
- In what ways can you 'break the silence'?



Feedback to class. Teacher highlights that breaking the silence can involve:

- Supporting someone
- Including someone
- Challenging behaviour safely
- Reporting concerns
- Speaking to a trusted adult





PRIMARY LESSON PLAN 1

MAIN ACTIVITY: REWRITE THE ENDING (25 MINUTES)



Slide 5, Handout 2

Explain:

Every story can have more than one ending. Reshuffle the case studies so that each group gets a new one. Their challenge is to create two endings for each case study.

Ending one: Silence

Nobody does anything. What happens next?

Ending two: Break the Silence

Someone speaks up. What changes?

Groups can present through:

- Role play
- Freeze frame
- Comic strip
- Short narration
- Just explaining

After each presentation ask:

- Which ending would you rather experience?
- What difference did speaking up make?



REFLECTION ACTIVITY (5 MINUTES)



Slide 6

Ask pupils to complete the sentence:

"This Anti-Bullying Week, I will break the silence by..."

Examples:

- Including someone
- Speaking kindly
- Asking for help
- Supporting a friend
- Listening carefully
- Telling a trusted adult if I am worried





PRIMARY LESSON PLAN 2

DURATION

This session should take 60 minutes to deliver, but can be adapted as needed.

RESOURCES NEEDED



[Break the Silence: PowerPoint slides \(Primary Lesson 2\)](#)



[Handout 3](#)



[Break the Silence: Primary film \(2 minutes\) - please watch before delivering](#)

LEARNING OBJECTIVES

By the end of the lesson, pupils will:

- Understand what the theme Break the Silence means.
- Explore the different roles involved in a bullying situation.
- Recognise the positive impact that speaking up can have.
- Consider safe and positive ways to support themselves and others.
- Reflect on the impact of their action and inaction.

KEY MESSAGES

- There are several different roles involved in a bullying situation.
- Breaking the silence can take many forms.
- Everyone has a role to play in creating a safe and respectful environment.
- Small actions can make a big difference.
- Children can break the silence by speaking to a trusted adult.





PRIMARY LESSON PLAN 2

WELCOME AND THEME VIDEO (10 MINUTES)



Slides 2, 3, 4

Remind the group about Anti-Bullying Week and show them the Theme Video again.

Ask:

- What different types of bullying or unkind behaviour did you see?
- How do you think the person who was being bullied might have felt before someone helped them?
- Discuss moments when a small action made a big difference? What happened?

Share your school's/ setting's definition of bullying, or use the Anti-Bullying Alliance's definition and show the animation.



BULLYING AS A GROUP BEHAVIOUR (20 MINUTES)



Slides 5, 6

Show the group the group roles video and display the slide with the roles involved in bullying.

Discuss:

- Which one of the roles is the one that breaks the silence? **(Answer: Defender)**
- What are the ways in which Defenders can break the silence?
- How can we encourage Bystanders and Outsiders to also break the silence?



Remind the group that there are many ways to break the silence, including speaking to a trusted adult about what has happened and checking in on the person targeted.

Every action counts and helps, no matter how small.



PRIMARY LESSON PLAN 2

ACTIVITY: THE RIPPLE EFFECT (25 MINUTES)



Slide 7, Handout 3

Show a picture of a pebble creating ripples in water.

Ask:

- What happens when one small pebble lands in water?



Discuss how one small action can spread out and affect many people.

Provide pupils with a "Ripple of Change" template (Handout 3).

Ask them to complete the different sections, and share their ripples with others.

Display ripples together to create a class or school "Our Ripples of Change" display.

CLOSING REFLECTIONS (5 MINUTES)



Slide 8

Ask pupils to complete the sentence:

"When I break the silence, I..."

Examples:

- ...help prevent bullying.
- ...support people who feel excluded.
- ...feel empowered to speak up.
- ...inspire others to do the same.
- ...am a defender and not a bystander.





EXTENSION OPPORTUNITIES

PEER INTERVIEWER CHALLENGE (25 MINUTES)

Pupils interview staff, governors or older pupils asking:

- What helps you speak up?
- Who did you trust when you were younger?
- Why is speaking up important?

WHOLE-SCHOOL CAMPAIGN TO "BREAK THE SILENCE" (25 MINUTES)

Pupils are asked to share ideas of what support could help them speak up more, and then present these ideas to school leaders.

PEER-LED CHALLENGE (25 MINUTES)

Explain:

Anti-Bullying Week is not just about learning. It is about taking action.

Ask groups to become "Break the Silence Ambassadors." Their challenge is to create an idea that helps the whole school or setting understand the theme.

Groups choose one of the following:

- **Option 1: Break the Silence poster campaign**
Design a poster encouraging pupils to speak up.
- **Option 2: School kindness challenge**
Create a challenge pupils could take part in during the week.
- **Option 3: Playground action plan**
Playground action plan - Suggest ways pupils could help others feel included.
- **Option 4: Break the Silence video message**
Plan a short video that could be shown in assembly.
- **Option 5: Safe adults campaign**
Create ideas to help younger pupils know where to get support.

PLENARY

Remind:

- Breaking the silence does not mean solving problems on your own.
- It means recognising when something is wrong and knowing that speaking up, supporting others and seeking help can make a positive difference.
- Together we can create a school where everyone feels heard, respected and supported.



CROSS CURRICULAR ACTIVITIES

Creating an anti-bullying environment requires a whole-school effort. To maximise the impact of Anti-Bullying Week, involve pupils and adopt a cross-curricular approach. These activities are designed to help pupils explore the theme Break the Silence through different curriculum subjects while encouraging critical thinking, creativity, student voice and leadership.

Be sure to incorporate displays around the school and inform parents and carers about how they can participate. Additionally, make sure school clubs, transportation staff, and breaktime supervisors are aware of your Anti-Bullying Week plans.

ENGLISH - THE DAY SOMEONE SPOKE UP

Read a short story or case study involving bullying or exclusion. Pupils then write an alternative ending where someone decides to break the silence.

Discussion questions:

- What changed?
- How did speaking up affect others?
- What message does the story teach?



Learning outcome: Short story collection titled Breaking the Silence.

ENGLISH - SPEECH WRITING

Pupils write and perform a short speech beginning with:

"I believe everyone deserves to be heard because..."



Learning outcome: Showcase of public speaking.



ART AND DESIGN - BREAK THE SILENCE MURAL

Create a collaborative display featuring speech bubbles, helping hands and positive messages.

Prompts:

- My voice matters because...
- I can help by...
- Everyone deserves...



Learning outcome: School mural or corridor display.

DRAMA - FREEZE FRAME THEATRE

Groups create freeze frames showing:

- Someone staying silent
- Someone deciding to speak up
- A positive outcome



Classmates guess what is happening and discuss.



Learning outcome: Collaboration and physical expression.



CROSS CURRICULAR ACTIVITIES

MUSIC - VOICES TOGETHER

Write a class song, rap or chant about speaking up and supporting others.

Suggested chorus:

"Break the silence, use your voice, Helping others is a choice."



Learning outcome: Creative expression.



GEOGRAPHY - VOICES AROUND THE WORLD

Explore how children around the world express their views and rights.

Link to:

- UN Convention on the Rights of the Child
- Right to be heard
- Right to feel safe



Learning outcome: World map display.



COMPUTING - POSITIVE DIGITAL CITIZENS

Explore how to break the silence safely online.

Activities:

- Identifying trusted adults
- Reporting concerns
- Supporting others online
- Creating positive online messages



Learning outcome: Digital citizenship charter.



SCIENCE - RIPPLE EFFECT INVESTIGATION

Investigate how ripples spread in water.

Link discussion to how one action can affect many people.

Questions:

- What happens when one pebble enters water?
- How can one kind action spread?



Learning outcome: Science and PSHE display.





CROSS CURRICULAR ACTIVITIES

MATHS - SCHOOL VOICE SURVEY

Pupils design and conduct a simple survey.

Questions might include:

- Do pupils know who to talk to if they are worried?
- Do pupils feel listened to?
- How we can encourage pupils to speak up about bullying

Represent results using:

- Bar charts
- Pie charts
- Pictograms



Learning outcome: School voice report.



PSHE/ WELLBEING – SAFE ADULT NETWORK

Pupils create support maps showing trusted adults at home, school and in the community.



Learning outcome: Personal support plans.





MORE WAYS TO GET INVOLVED IN ANTI-BULLYING WEEK 2026

1. [Odd Socks Day](#) – Celebrate what makes us unique on Monday 10th November by wearing odd socks.
2. [Sign up online](#) – Become a supporter of Anti-Bullying Week and download your school's certificate.
3. [Get the merch](#) – Official Anti-Bullying Week wristbands, stickers, and more available from our online shop.
4. [Show your support](#) – Put up our Anti-Bullying Week poster and share resources with parents and carers.
5. [Online training](#) – Access our CPD accredited anti-bullying online course for all school staff.
6. [Fundraise for us](#) – Help keep Anti-Bullying Week free by holding a fundraiser or donating online.
7. [Review your policy](#) – Use our tips to refresh your school or setting's anti-bullying policy.
8. [Join the conversation](#) – Share your activities using #AntiBullyingWeek and #PowerforGood.
9. [Download our free resources](#) – Lesson plans, assemblies, and activities for schools and packs for families.
10. [Take it further](#) – Sign up as an ABA member and/or become a United Against Bullying school to join our new whole-school programme.





COMPLEMENTARY RESOURCES



JIGSAW
Education Group

Jigsaw Education Group have developed a collection of free Primary and Secondary Anti-Bullying Week 2026 resources to support the Anti-Bullying Alliance's 'Break the Silence' theme. The resources are designed to support a whole-school approach, beginning with a shared whole-school assembly and followed by age-appropriate classroom activities. These activities encourage children and young people to recognise bullying, understand the importance of speaking up, identify trusted adults and explore safe, practical ways to help themselves and others.



Twinkl is partnering with the Anti-Bullying Alliance for Anti-Bullying Week 2026, creating a collection of engaging, age-appropriate resources inspired by this year's theme, Break the Silence. The collection includes activity packs, lesson packs, assembly plans and PowerPoints, with resources designed for children aged 3-11. They provide practical and engaging ways to help children talk about bullying, understand its impact and explore how they can speak up and support others.



This year, the Anti-Bullying Alliance has teamed up with VotesforSchools for Talk It Out Tuesday - giving pupils across the UK the chance to make their voices heard and tell everyone what they think about the way bullying gets reported, and how it could work better.

As part of Talk It Out Tuesday, your school will receive free lesson presentations to open up the conversation across your school, whatever key stage you teach.



BBC Teach is partnering with the Anti-Bullying Alliance to bring you a special Anti-Bullying Week 2026 Live Lesson, exploring how we can break the silence around bullying and stand up for ourselves and others.

The 30-minute Live Lesson will be available to watch from Monday 16 November at 11am on CBBC, BBC iPlayer and BBC Teach.

ABOUT THE ANTI-BULLYING ALLIANCE

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England, Wales and Northern Ireland. 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:

- Supporting learning and sharing best practice through membership.
- Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns.
- 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.



#ANTIBULLYINGWEEK

Please share your activity with us on social media!



@anti-bullyingalliance.org.uk



@ABAonline



Anti-BullyingAlliance



@antibullyingalliance



@antibullyingalliance



Anti-Bullying Alliance



**NATIONAL
CHILDREN'S
BUREAU**
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