

# Secondary School and Setting Pack

## Anti-Bullying Week 2026: Break the Silence

Monday 16<sup>th</sup> to Friday 20<sup>th</sup> November 2026



**BREAK THE  
SILENCE**

**#ANTIBULLYINGWEEK**

 [www.anti-bullyingalliance.org.uk](http://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 secondary 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.

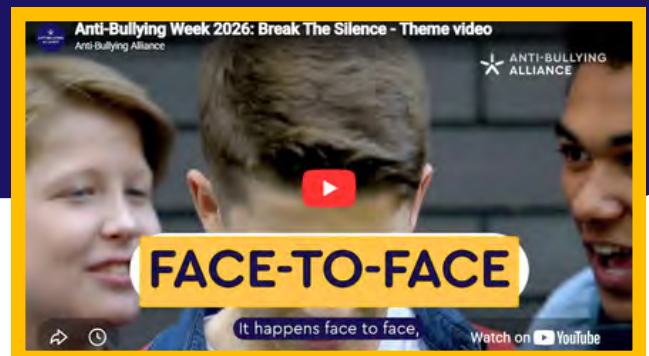
In today's world, bullying can happen in new and more complex ways. It happens face to face, online, and through new technologies. And in a world that can feel more divided and less kind, young people feel the impact.

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 3 and 4, 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!

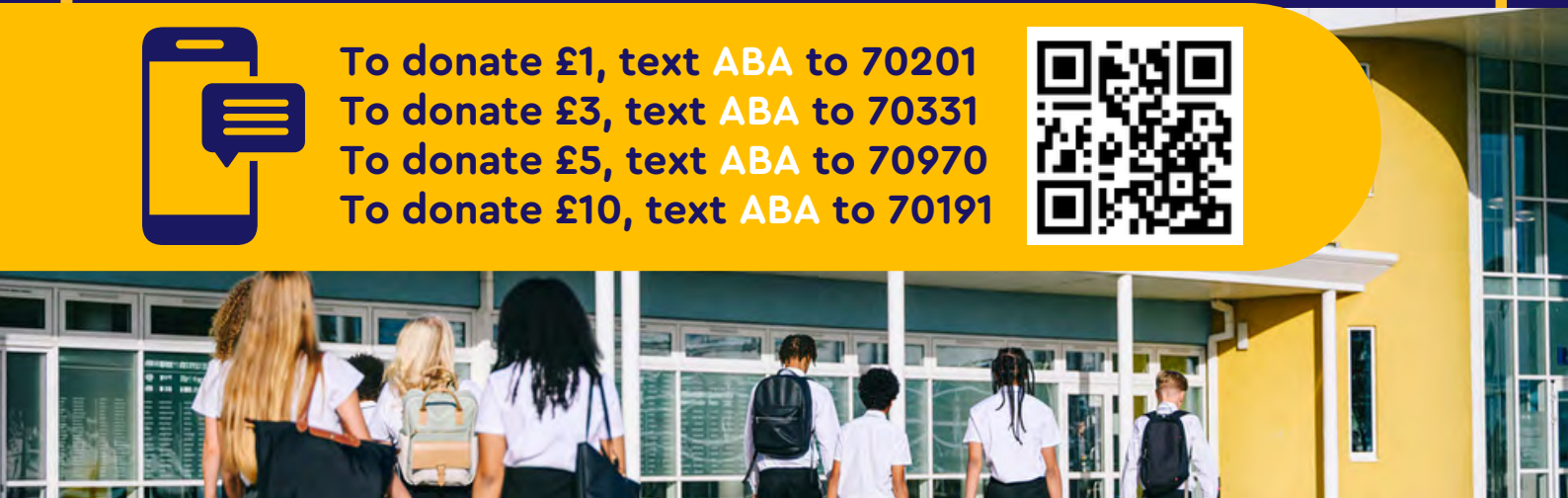
We rely on fundraising to be able to continue to provide you with free Anti-Bullying Week resources each year. We'd be grateful if you would consider **donating** or **fundraising** for the Anti-Bullying Alliance to ensure we can keep providing these resources.

- 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 16<sup>TH</sup> 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 25<sup>th</sup> 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 \(Secondary Assembly version\)](#)
- ▶ [Break the Silence: Secondary film \(2 minutes\) - please watch before delivering](#)
- 🗳️ Optional interactive polling tool
- i Information about the school's support systems and reporting routes

## LEARNING OBJECTIVES

By the end of the assembly, pupils will:

- Understand the meaning of the Anti-Bullying Week 2026 theme, Break the Silence
- Explore why bullying and harmful behaviour often go unspoken
- Reflect on the role that everyone plays in creating a culture where people feel able to speak up
- Know how and where to seek support if they are worried about bullying





# ASSEMBLY PLAN

## INTRODUCTION: A QUESTIONS FOR EVERYONE (2 MINUTES)



Good morning everyone.

Today marks the start of Anti-Bullying Week and this year's theme is **Break the Silence**.

I'd like to start with a question. You don't need to answer out loud. Just think about it.

**Have you ever seen something happen that didn't feel right, but said nothing?**

Maybe because it felt awkward.

Maybe because you weren't sure what to do.

Maybe because you thought someone else would deal with it.

Most of us probably have.

And that is what this year's theme is about.



## WHAT DOES BREAK THE SILENCE MEAN? (3 MINUTES)



When we hear the word bullying, many people imagine obvious situations.

But often things are much more complicated. Someone may be repeatedly excluded from a friendship group. Someone may be targeted online. Someone may be laughed at, mocked or humiliated. Someone may be struggling in silence, and nobody realises.

**One of the biggest challenges is that people often do not speak up.**

People stay silent because:

- They are worried about making things worse
- They fear being judged
- They do not want to stand out
- They think nobody will listen
- They assume someone else will step in

The truth is that silence can sometimes allow harmful behaviour to continue.

**Break the Silence means creating conversations, seeking support and helping to build a culture where people feel safe to speak up.**





# ASSEMBLY PLAN

## FILM WATCHING ACTIVITY (6 MINUTES)

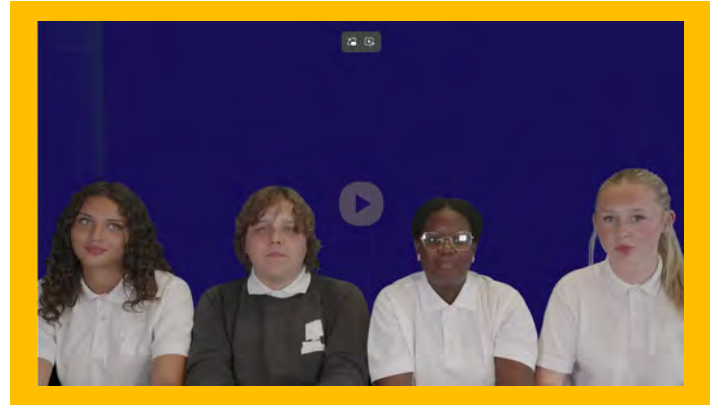
### Slide 4

We're now going to watch a short film exploring this year's theme.

Play Anti-Bullying Week 2026 Secondary Film.

**Ask pupils for their reflections:**

- What stood out to you from the film?
- What emotions did it highlight?
- What can improve when someone breaks the silence?
- What is one thing you could do differently after watching this film?



**Take several responses and draw out key messages:**

- Bullying can follow you everywhere.
- Keeping it inside can make things worst.
- Support often starts with a conversation.
- One person can make a significant difference.

## INTERACTIVE DISCUSSION: WHY DO PEOPLE STAY SILENT? (4 MINUTES)

### Slide 5

Display the following statements.

Ask pupils to vote, raise hands or reflect silently.

**Which of these do you think is the biggest reason people stay silent?**

- Fear of being judged
- Fear of making things worse
- Peer pressure
- Not knowing who to talk to
- Thinking it is not serious enough
- Believing nobody will listen
- Anything else?

**Discuss responses.**

| Which of these do you think is the biggest reason people stay silent? |                                   | ANTI-BULLYING ALLIANCE |
|-----------------------------------------------------------------------|-----------------------------------|------------------------|
| 1                                                                     | Fear of being judged              |                        |
| 2                                                                     | Fear of making things worse       |                        |
| 3                                                                     | Peer pressure                     |                        |
| 4                                                                     | Not knowing who to talk to        |                        |
| 5                                                                     | Thinking it is not serious enough |                        |
| 6                                                                     | Believing nobody will listen      |                        |
|                                                                       | Anything else?                    |                        |



# ASSEMBLY PLAN

## Explain:

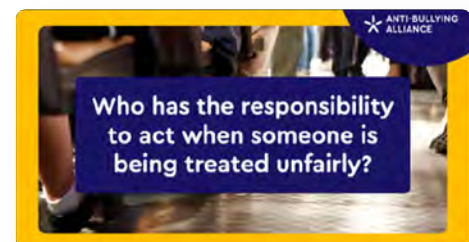
- Many of these barriers are understandable.
- But if nobody ever speaks up, people will continue struggling in silence.
- Silence protects the problem, not the person.
- There are many ways of breaking the silence, even a small act goes a long way.
- Breaking the silence is not about confronting situations alone.
- It is about recognising when support is needed and helping people access it.

## CHALLENGING THE BYSTANDER MYTH (3 MINUTES)

### Slide 6

#### Ask pupils:

Who has the responsibility to act when someone is being treated unfairly?



#### Explain:

Many people assume someone else will help. A teacher. A friend. A parent. Another pupil. Psychologists call this the "bystander effect". The more people who witness something, the more likely it is that everyone assumes someone else will act. But positive change often begins when one person chooses to do something.

#### That action might be:

- Checking in with someone
- Reporting concerns
- Challenging behaviour safely
- Encouraging someone to seek support
- Speaking to a trusted adult

## SCHOOL FOCUS FOR ANTI-BULLYING WEEK (1 MINUTE)

### Slide 7

This week in our school we will be having (school to insert relevant activities):

#### Examples:

- Tutor time discussions
- Student led campaigns
- Awareness activities
- Peer mentoring projects
- Creative challenges
- Fundraising or community action



# ASSEMBLY PLAN

## CLOSING REFLECTION AND CALL TO ACTION (1 MINUTE)



Slides 8, 10

Before you leave today, I'd like you to think about one question:

**What conversation might help someone feel less alone?**

This Anti-Bullying Week, we are asking everyone to play their part. If you are struggling, reach out. If someone talks to you, listen. If you see something worrying, don't ignore it. If you need support, ask for it. Because creating a safer, kinder school starts when people feel able to speak. Together, we can Break the Silence.

Display signposting slide after Assembly - make sure to add school/ setting specific routes and reporting systems:

### Need support?



**If you are worried about bullying or something that is happening to you or someone else, you can speak to:**

- Form tutor
- Head of year
- Designated safeguarding lead
- School counsellor or wellbeing team
- Peer mentors
- Parent or carer
- Trusted adult
- [Insert school/ setting-specific support routes and reporting systems]

**You do not have to deal with things on your own.**



# SECONDARY 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 \(Secondary Lesson 1\)](#)



[Handout 1](#)



[Handout 2](#)



Post-It notes

## LEARNING OBJECTIVES

By the end of the lesson, pupils will:

- Explore why people stay silent when bullying or harmful behaviour occurs.
- Understand the impact that silence can have on individuals and communities.
- Critically examine barriers to speaking up.
- Evaluate different ways people can break the silence safely and effectively.
- Develop ideas to lead positive change within their school community.

## KEY MESSAGES

- Speaking up is not always easy.
- There are many reasons people stay silent.
- Bullying can affect anyone.
- Silence can sometimes allow harmful behaviour to continue.
- Breaking the silence can take many forms.
- Creating change is a shared responsibility.





# SECONDARY LESSON PLAN 1

## STARTER ACTIVITY: THE INVISIBLE LINE (10 MINUTES)



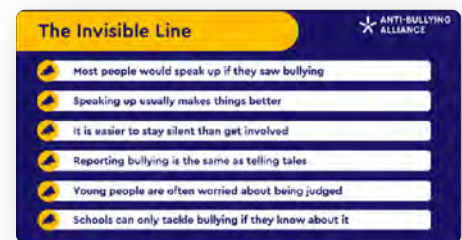
### Slide 2

**Explain that there are no right or wrong answers. Read a series of statements.**

Pupils move to one side of the room for "Agree" and the other for "Disagree". Those unsure can stand in the middle.

#### Statements:

- Most people would speak up if they saw bullying
- Speaking up usually makes things better
- It is easier to stay silent than get involved
- Reporting bullying is the same as telling tales
- Young people are often worried about being judged
- Schools can only tackle bullying if they know about it



After each statement ask selected pupils to explain their reasoning. Encourage respectful debate. Explain that the lesson will explore why speaking up can sometimes be difficult.

## ACTIVITY 1: WHY DO PEOPLE STAY SILENT? (15 MINUTES)



### Slide 3, Handout 1

### SILENT DISCUSSION CHALLENGE

Place large sheets of paper around the room with the following headings:

- Fear
- Embarrassment
- Peer pressure
- Not wanting attention
- Not trusting adults
- Not knowing what to do
- Thinking it won't make a difference



Pupils rotate around the room. Without speaking, they write thoughts, examples, questions on Post-It notes, and attach to each heading.

After several minutes allow verbal discussion.



# SECONDARY LESSON PLAN 1

## DEBRIEF

### Ask:

- Which barrier appeared most often?
- Which surprised you?
- Which do you think affects young people most?

### Teacher summarises:

- There is rarely one reason people stay silent.
- People's experiences are often complicated.

## ACTIVITY 2: CASE STUDY ANALYSIS (25 MINUTES)



### Slide 4, Handout 2

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

#### Case study 1 - Group chat:

A pupil is repeatedly mocked in a group chat. Several people privately disagree with what is happening but continue to read the messages and react with laughing emojis. No one challenges the behaviour.

#### Case study 2 - Friendship group:

A friendship group begins excluding one member. People notice but justify it by saying: "We just don't get on with them anymore." The pupil becomes increasingly isolated.

#### Case study 3 - Appearance based comments:

A pupil regularly receives comments about their appearance. The comments are dismissed as jokes. The pupil stops participating in class discussions.

#### Case study 4 - Identity based bullying:

Pupils make repeated comments about another student's race, religion, disability, sexuality or other characteristic. Some pupils feel uncomfortable but nobody challenges it.

## GROUP DISCUSSION

Ask the groups to discuss:

- What is happening?
- Who is affected?
- Why might people stay silent?
- What could happen if nobody speaks up?
- What opportunities were missed?
- How could the silence be broken safely?

Each group presents their findings.

**Cast study analysis** ANTI-BULLYING ALLIANCE

|                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Case study 1 - Group chat:</b><br>A pupil is repeatedly mocked in a group chat. Several people privately disagree with what is happening but continue to read the messages and react with laughing emojis. No one challenges the behaviour. | <b>Case study 2 - Friendship group:</b><br>A friendship group begins excluding one member. People notice but justify it by saying: "We just don't get on with them anymore." The pupil becomes increasingly isolated.           |
| <b>Case study 3 - Appearance based comments:</b><br>A pupil regularly receives comments about their appearance. The comments are dismissed as jokes. The pupil stops participating in class discussions.                                       | <b>Case study 4 - Identity based bullying:</b><br>Pupils make repeated comments about another student's race, religion, disability, sexuality or other characteristic. Some pupils feel uncomfortable but nobody challenges it. |



# SECONDARY LESSON PLAN 1

## DEBRIEF

Teacher highlights that effective responses may include:

- Supporting the person affected
- Challenging behaviour appropriately
- Seeking help
- Reporting concerns
- Encouraging wider discussion

## ACTIVITY 3: THE INTERVENTION CHALLENGE (10 MINUTES)



### Slide 5, Handout 3

Present the following question: **What does speaking up actually look like?**

Groups receive cards with possible responses:

- Ignore it
- Report it
- Check in privately
- Send a supportive message
- Challenge the behaviour respectfully
- Talk to a trusted adult
- Encourage someone to seek help
- Start a wider conversation

Groups sort responses into:

**Effective**

**Somewhat effective**

**Unhelpful**

Discuss why different situations may require different approaches. Reinforce that pupils are never expected to deal with serious situations alone.

## REFLECTION (5 MINUTES)



### Slide 6

Display the following quote:

**"Silence is not always agreement.  
Sometimes it is uncertainty, fear or not knowing what to do."**

Ask pupils to reflect on:

- What is one thing that prevents people speaking up?
- What helps people feel heard?
- What could our school do better?



# SECONDARY 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 \(Secondary Lesson 2\)](#)



[Handout 3](#)



[Handout 4](#)



Post-It notes

## LEARNING OBJECTIVES

By the end of the lesson, pupils will:

- Understand what "Break the Silence" means in the context of bullying.
- Explore why people sometimes stay silent when bullying happens.
- Recognise the different roles people can play in bullying situations.
- Identify safe and effective ways to break the silence.
- Reflect on how they can help create a school culture where everyone feels they belong.

## KEY MESSAGES

- Speaking up is not always easy.
- There are many reasons people stay silent.
- No one should deal with bullying alone.
- Silence can sometimes allow harmful behaviour to continue.
- Breaking the silence can take many forms.
- Everyone has a role in creating a safe and respectful environment.





# SECONDARY LESSON PLAN 2

## STARTER ACTIVITY: SILENT VOICES (10 MINUTES)



### Slide 2

Display the statement:

**"Most people don't like bullying - but many people stay silent when they see it happen".**

Ask pupils to reflect quietly for a minute and then ask - why might someone stay silent?

Pupils write one reason anonymously on a Post-It note.

Collect the responses and group them together, for example:

- Afraid of making things worse
- Worried about becoming a target
- Don't know what to say
- Think it's "just banter"
- Don't think adults will help
- Don't know whether it's bullying
- Worried about losing friends

Explain:

**Staying silent is understandable. Many people worry about speaking up.**

**Today we're exploring how we can make it easier and safer to break the silence.**

## ACTIVITY 1: THE RIPPLE EFFECT (15 MINUTES)



### Slide 3

Display the slide with the 2 circles and ask:

**Circle 1 - Silence:** If nobody speaks up about bullying, what might happen next?

Examples:

- Bullying continues
- The person experiencing bullying feels isolated
- The harmful behaviour becomes normal
- Others join in
- Confidence decreases
- Trust reduces

**Circle 2 - Break the Silence:** If one person takes positive action, what could happen?

Examples:

- Someone feels supported
- Bullying stops sooner
- Others may feel inspired to speak up
- Adults become aware
- Friendships strengthen
- The environment feels safer
- Kindness becomes more normal

Discuss how even small actions can create positive ripple effects.





# SECONDARY LESSON PLAN 2

## ACTIVITY 2: PUPIL LEADERSHIP CHALLENGE (15 MINUTES)



### Slide 4

Explain:

**Anti-Bullying Week is not something adults do to pupils. It is something schools do together.**

Divide into groups, and ask them to become the school's "Break the Silence Campaign Team". Their challenge is to create a campaign idea that could genuinely influence pupils.

Possible ideas:

- **School newsletter or website post:** Create content for school comms.
- **Student voice project:** Gather views from pupils about speaking up.
- **Podcast or video series:** Interview pupils and staff.
- **Peer support initiative:** Develop ways pupils can support one another.
- **School awareness campaign:** Design posters, displays or installations
- **Tutor group challenge:** Create weekly discussion activities.

Each group creates a one minute pitch. Class votes for the strongest idea.

## ACTIVITY 3: ONE HELPFUL THING (15 MINUTES)



### Slide 5

Display the following sentence:

**"One thing that helps young people break the silence is..."**

Ask pupils to write their answers anonymously on a slip of paper.

Collect responses and use them to inform future school or setting activities.

Optional: use the paper slips to create a Tree of Wishes display.

## REFLECTION (5 MINUTES)



### Slide 6, Handout 4

Ask pupils to complete the following sentences:

- One thing that surprised me...
- One reason people stay silent...
- One way I could help break the silence...
- One trusted adult I could speak to if I was worried...

Collect responses as they leave.



# SECONDARY LESSON PLANS

## EXTENSION OPPORTUNITIES

### PUPIL PODCAST PROJECT

Pupils interview peers and staff about courage, kindness and speaking up.

- What helps you speak up?
- Who did you trust when you were younger?
- What helps you find courage?

### SCHOOL VOICE SURVEY

Pupils investigate whether young people know where to seek support and present their findings in class to inform school practice.

### DEBATE

Pupils debate this question:

"Do bystanders have a responsibility to act when they witness bullying?"

### CAMPAIGN CREATION

Pupils design and lead a genuine Break the Silence campaign across the school.

### MEDIA ANALYSIS

Pupils examine how films, television, influencers and social media portray speaking up, belonging and bullying.

## PLENARY

- Avoid putting pupils on the spot to disclose personal experiences.
- Reinforce that bystanders are not to blame for bullying, but they can be part of creating positive change.
- Be mindful that some pupils may have experienced bullying themselves or may recognise their own behaviour in the scenarios.
- Signpost pupils to trusted adults if the lesson raises concerns.

#### 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 - VOICES THAT CHANGED THE WORLD

Study speeches, articles or letters written by people who challenged injustice and encouraged social change.

### Examples:

- Rosa Parks
- Malala Yousafzai
- Emmeline Pankhurst

### Discussion questions:

- Why did they choose to speak out?
- What risks did they face?
- How did their words create change?



**Learning outcome:** Pupils write and deliver their own speech:  
"If I could change one thing about my school or society..."



## CREATIVE WRITING - THE UNTOLD STORY

Pupils write a short story from the perspective of:

- A bystander
- Someone experiencing bullying
- Someone who finally decides to speak up



**Learning outcome:** Encourage exploration of thoughts, emotions and decision making.



## MEDIA STUDIES - SPEAKING UP IN THE DIGITAL AGE

### Pupils analyse:

- Social media campaigns
- Influencer activism
- Online movements
- Hashtag campaigns

### Questions:

- Why do some campaigns succeed?
- How can social media help people find a voice?
- What are the risks?



**Learning outcome:** Create a digital campaign linked to Break the Silence.





# CROSS CURRICULAR ACTIVITIES

## HISTORY - MOMENTS OF BREAKING THE SILENCE

Explore historical movements that challenged unfair treatment.

### Examples:

- Civil Rights Movement
- Suffragettes
- Anti-apartheid movement
- Disability rights movement
- LGBTQ+ rights movement
- #MeToo campaign



### Discussion questions:

- What were people speaking out against?
- Why was it difficult?
- What can we learn today?



**Learning outcome:** Timeline display: "When people chose to speak up."

## CITIZENSHIP - DEBATE

Motion: "People have a responsibility to act when they witness unfair treatment."

Pupils prepare arguments for and against.

### Explore:

- Responsibility
- Courage
- Individual rights
- Community action



**Learning outcome:** Showcase of public speaking and critical thinking.

## PUPIL VOICE PROJECT - PUPILS INVESTIGATE

### Investigation questions:

- Do pupils feel listened to?
- Do pupils know where to get help?
- What stops young people speaking up?

Pupils present recommendations to senior leader.



**Learning outcome:** Pupil voice data.



# CROSS CURRICULAR ACTIVITIES

## RELIGIOUS EDUCATION - MORAL COURAGE

Explore examples of speaking up against injustice from different faiths and belief systems.

### Discussion:

- What is courage?
- What does it mean to stand up for others?
- Why can speaking up be difficult?



**Learning outcome:** Reflective writing: "What would I stand up for?"

## ART AND DESIGN - THE POWER OF A VOICE

Pupils create artwork exploring:

- Voices
- Sound waves
- Speech bubbles
- Messages of support
- Protest and change



**Learning outcome:** School exhibition: "Every Voice Matters."

## MUSIC - VOICES TOGETHER

Pupils analyse songs that address social issues, belonging or overcoming challenges.

### Examples may include:

- What's Going On - Marvin
- Redemption Song - Bob Marley
- Fighter - Christina Aguilera
- Mass Destruction - Faithless
- Anti-Hero - Taylor Swift



### Discussion:

- What message does the song communicate?
- How does music help people feel heard?



**Learning outcome:** Creative expression.



# CROSS CURRICULAR ACTIVITIES

## SCIENCE - THE SCIENCE OF SOUND

### Pupils to investigate:

- How sound travels
- Frequency and vibration
- Communication systems



Link discussion to the importance of voices and communication.



**Learning outcome:** Create an infographic: "Why voices matter."

## SCIENCE - PSYCHOLOGY OF SILENCE

### Explore concepts such as:

- Bystander effect
- Peer influence
- Group behaviour
- Conformity



### Discussion questions:

- Why do people sometimes stay silent?
- What influences decision making?



**Learning outcome:** Understanding of the psychology of why people stay silent.

## MATHS - PUPIL VOICE SURVEY

Pupils design and conduct a survey.

### Questions might include:

- Do pupils know where to seek support?
- Do pupils feel listened to?
- Do pupils know how to report concerns?



### Analyse results using:

- Percentages
- Graphs
- Averages
- Data interpretation



**Learning outcome:** Pupil voice report with recommendations.



# 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!



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Anti-Bullying Alliance



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