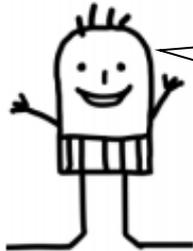


# Anti-Bullying Week 2014

## 17 – 21<sup>st</sup> November



Did you know it is only a few weeks until Anti-Bullying Week 2014 and we want YOU to help us **STOP BULLYING FOR ALL!**

Anti-Bullying Week happens every year in November and its aim is to get people talking about bullying and thinking of ways that they can stop it in their schools and communities. This year Anti-Bullying Week is happening from Monday 17<sup>th</sup> of November until the Friday 21<sup>st</sup>. The week is packed full of exciting opportunities that we want you to get involved in!

The theme for this year's Anti-Bullying Week is:

### **'Let's stop bullying for all'**

Studies show that young people who are disabled and/or have special educational needs are more likely to be bullied than others. **Nobody should experience bullying.** You can help those who have been bullied feel proud and confident about who they are, and help people understand that bullying is wrong and needs to be stopped.

Most common types of bullying disabled young people face:

**NAME CALLING**

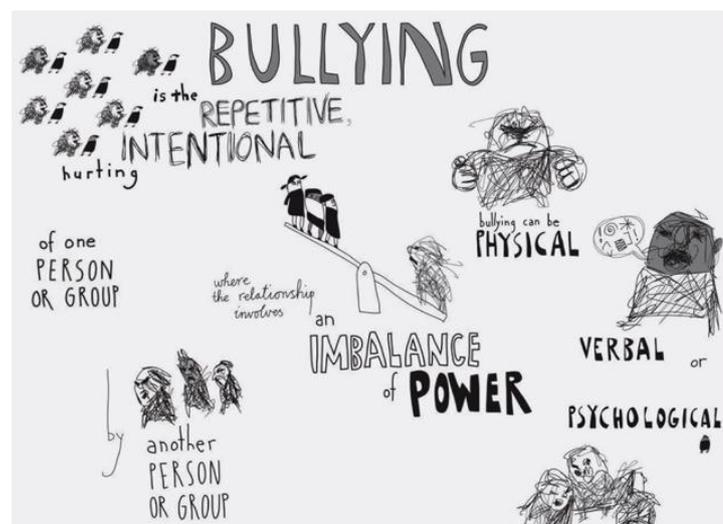
**TEASING**

**BEING INFLUENCED TO DO THINGS BY OTHERS**

**RUMOURS**

**BEING LAUGHED AT**

### **What is bullying?**



# Get involved!

This Anti-Bullying Week we want you to have fun with your friends and celebrate **diversity** and difference. Check out some ideas below of some cool activities you could do during Anti-Bullying Week. However big or small, your actions will make a big difference.



**Photo Pledge** – Show your support by taking a photo or video of you and your friends or family holding up a sign saying 'lets stop bullying for all.' Share it with us online using the hashtag **#StopBullying**.

**Compliment Day** – Make people feel proud of who they are by holding a compliments day. Give everyone an envelope and ask people to fill each other's envelopes with compliments.

**What is beauty?** Show how everyone is beautiful in their own way by creating a 'what is beauty?' display. Get every student to bring in a photo of their face and cut it into four. Use different pieces of people's faces to create one face.

**Role Models** – Who inspires you? Think about what qualities the role model has. Have they faced any challenges during their life? How did they overcome this? Why do they inspire you? Perhaps you could get an inspirational speaker in to come and do a talk in your school or community.

**Anti-Bullying Video** – Why not make an anti-bullying video and release it during Anti-Bullying Week. You could interview people in your school or your friends and family about why they think it is important to stop bullying for all.

**Fundraise** – Hold an event to raise money to help young people who have been bullied. You can see lots of fundraising ideas in the Anti-Bullying Week campaign pack [here](#).

**Become a Diana Award Anti-Bullying Ambassador** Do you want to stop bullying in your school and community? Train as an Anti-Bullying Ambassador. Visit [www.antibullyingpro.com](http://www.antibullyingpro.com)

**Make sure your school is in the ABA School and College Network** – Get your school or college to sign up to the Anti-Bullying Alliance network: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**Assembly** – Run an assembly or talk in your school or community centre to help raise awareness of the impact that bullying has on a person and why it is important to stop it.





internet  
matters.org

## 'Help beat cyberbullying, one rhyme at a time'

[Internet Matters](http://www.internetmatters.org) is helping to raise awareness of the important issues of online respect and cyberbullying by launching an exciting competition with the Anti-Bullying Alliance. The competition is focused around Anti-Bullying Week (17-21 November 2014) with the hope of inspiring children and young people to create songs, raps or poems about online friendship in the lead up to, and during the week itself. The winners will be chosen by a panel of judges including singer **Sophie Ellis-Bextor**.

**Get your school involved today! There will be two separate competitions for Primary and Secondary schools.**

**Primary:** Create a two verse and one chorus song, rap or poem about being a good online friend. Your song, rap or poem can be with or without original or existing music.

**Secondary:** Create a two verse and one chorus song or rap about cyberbullying. Your song or rap can be with or without original or existing music.

### Prizes

Primary:

- **A visit to the school by World Champion, and former Olympic and Commonwealth Champion, Christine Ohuruogu (MBE).** Christine will give an inspirational school assembly to the students about positivity, success and the importance of being respectful to others. (Christine's efforts in inspiring children to be better people are well known - amongst many of her achievements, she wrote children's book *Camp Gold: Running Stars*, about the challenges a young girl faces when someone tries to sabotage her sporting career.
- Five signed copies of Christine's book to the school library.
- The school will receive signed sporting memorabilia from Mo Farah, Usain Bolt, and Christine Ohuruogu.

Secondary:

- **The winning group will attend a specially designed daytrip and lunch at Sky's broadcast facilities in West London on Safer Internet Day 2015 (February 10<sup>th</sup>),** where they'll get exclusive access to Sky News studios and meet a member of the team, create their own video about social networking and cyberbullying and be filmed performing their winning entry.
- The group will also receive some exciting take home packs.

Judging will take place in the first two weeks of December. All of the entries will be filtered down to a shortlist of five primary and five secondary schools.

This shortlist will be assessed by our expert judging panel including Sophie Ellis-Bextor (international pop-star and musician).

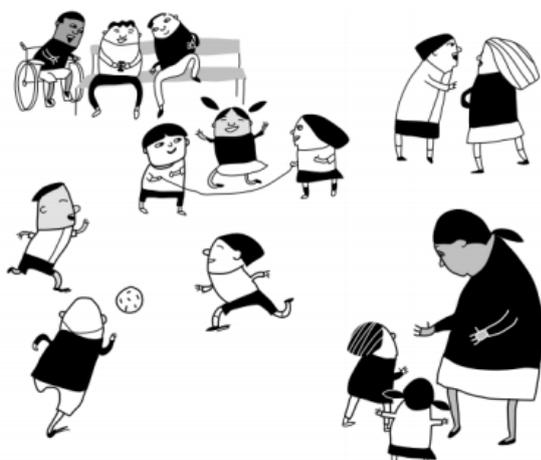
**For more information on how to take part visit**

<http://www.internetmatters.org/educate/schools/antibullying-song-competition.html>

# Support



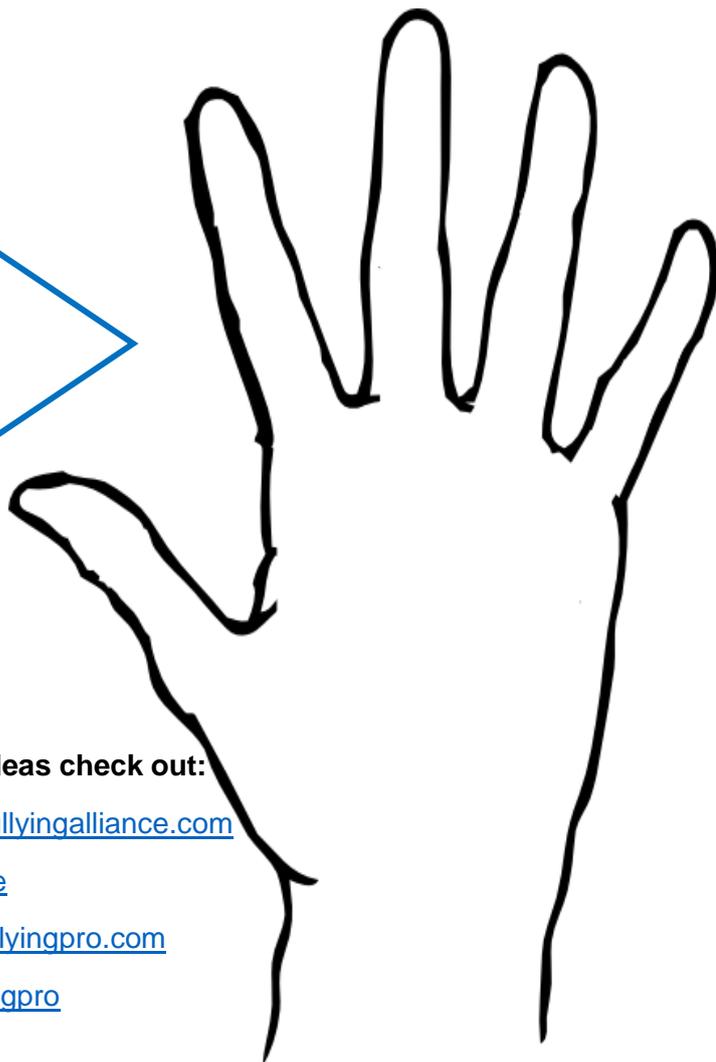
Bullying can make people feel:



If you know someone who is being bullied or see someone looking lonely brighten up their day by:

- ✓ Giving them a smile. They are free and always make a person feel better!
- ✓ Paying them a compliment to help boost their confidence.
- ✓ Asking if they are ok and letting them know you are there if they want someone to talk to.
- ✓ By reporting the bullying to a trusted adult or friend.

We all have a support network. Cut this hand out and on each finger write the name of someone you trust and could talk to if you ever have a problem.



**If you are being bullied please remember to never suffer in silence. These people are here for you whenever you need to talk:**

**Childline:** Childline is the UK's free confidential helpline for children and young people. Childline is open 24 hours to give you advice. Call them on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

For more ideas check out:

[www.anti-bullyingalliance.com](http://www.anti-bullyingalliance.com)

[@ABAonline](https://twitter.com/ABAonline)

[www.antibullyingpro.com](http://www.antibullyingpro.com)

[@antibullyingpro](https://twitter.com/antibullyingpro)