

# Anti-Bullying Week 2016

## Letter template for children and young people



Hello,

We are taking part in Anti-Bullying Week this term between Monday 14th–Friday 18th November 2016. Anti-Bullying Week helps our school to shine a spotlight on bullying and encourage all children, teachers and parents to take action against bullying throughout the year.

The theme this year is '**Power for Good**'. It is organised by the Anti-Bullying Alliance and they have set the following key aims:

- To support children and young people to use their **Power for Good** – by understanding the ways in which they are powerful and encouraging individual and collective action to stop bullying and create the best world possible.
- To help parents and carers to use their **Power for Good** – through supporting children with issues relating to bullying and working together with schools to stop bullying.
- To encourage all teachers, school support staff and youth workers to use their **Power for Good** – by valuing the difference they can make in a child's life, and taking individual and collective action to prevent bullying and create safe environments where children can thrive.

***Use this paragraph to outline what you plan to do for this year's Anti-Bullying Week.***

It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.

If you are worried about bullying it's very important you tell a member of school staff. If you don't want to do that you can always call **Childline 0800 11 11** or visit [www.childline.org.uk](http://www.childline.org.uk).

***Give other details about reporting bullying that is particular to your school.***

Yours sincerely,



# Anti-Bullying Week 2016

## Letter template for parents and carers



Dear Parent or Carer,

Our school is taking part in Anti-Bullying Week this term between Monday 14th–Friday 18th November 2016. Anti-Bullying Week helps schools across England to shine a spotlight on bullying and encourage all children, teachers and parents to take action against bullying throughout the year.

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What can you do to support us to stop bullying and participate in Anti-Bullying Week?

- Read the Anti-Bullying Alliance top tips for parents at the end of this letter. Talk to your child about bullying and Anti-Bullying Week.
- The Anti-Bullying Alliance have a free online tool to support parents to understand bullying and what to do if you're worried about it – you can access it at [www.anti-bullyingalliance.org.uk/parenttool](http://www.anti-bullyingalliance.org.uk/parenttool)
- Come and talk to us! We want to hear from you what is working well, and what we could do differently to help stop bullying.



Yours sincerely,

## Tips for parents and carers

If your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying.

- ◊ If your child is being bullied, **don't panic**. Explain to your child that the bullying is not their fault and together you will sort this out.
- ◊ **Bullying is never acceptable**; and should always be taken seriously. It is never your child's fault if they've been bullied.
- ◊ Try and **establish the facts**. It can be helpful to keep a diary of events. If the bullying is online, save or copy images and text.
- ◊ **Find out what your child wants to happen**. Help to identify steps you can take; and the skills they have to help sort out the situation. Make sure you always keep them informed about any actions you decide to take.
- ◊ **You may be tempted to tell your child to retaliate but this can have unpredictable results**. Your child might get into trouble or get even more hurt. Rather – role play non-violent ways they can respond to children that are bullying them (e.g. "I don't like it when you say that to me / do that to me. Stop."); show them how to block or unfriend people if the bullying is online and help them identify other friends or adults that can support them.
- ◊ **Encourage your child to get involved in activities that build their confidence and esteem**, and help them to form friendships outside of school (or wherever the bullying is taking place).



### Get some advice.

There are many organisations that can give you some advice. Contact them if you are worried about bullying and want to talk to someone.  
<http://www.anti-bullyingalliance.org.uk/advice-parents-carers/>



**You can access our free anti-bullying online information tool at [www.anti-bullyingalliance.org.uk/parenttool](http://www.anti-bullyingalliance.org.uk/parenttool)**