

# ANTI-BULLYING WEEK TOOLKIT

We know that bullying is a significant concern for many schools, parents and children. Bullying can negatively affect children's mental health in a number of ways, including causing depression and anxiety, and schools have a very important role to play in tackling it.

This year, Anti-Bullying Week takes place from 16th – 20th November. We've rounded up useful resources from lots of different organisations, which will help children and staff come together to unite against bullying in all its forms.

# RESOURCES

Lesson plans, posters, tip sheets and guidance to help schools address bullying.

## **Be an anti-bullying superhero poster**

**Mentally Healthy Schools**

Support your pupils to address bullying with this eye-catching poster, featuring useful tips to protect themselves and others from bullying.



## **Anti-Bullying Week: primary lesson PowerPoint**

**Anti-Bullying Alliance**

A PowerPoint lesson to run in primary schools from the organisation behind Anti-Bullying Week. This lesson focuses on how we can all unite against bullying.



## **Tips on working with children who bully**

**Mentally Healthy Schools**

Some children with a mental health problem are more likely to bully others – as well as be bullied themselves. These tips will help schools support children with mental health problems who bully.



## **Tips on empowering children who are bystanders to bullying**

**Mentally Healthy Schools**

Peer interventions have been shown to be largely successful in stopping bullying. Use these strategies to help pupils to change the role they have as a potential witness to bullying.



Visit **Mentally Healthy Schools** for more resources

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Lesson plans, posters, tip sheets and guidance to help schools address bullying.

## Using data to inform and evaluate antibullying strategies

**Equality and Human Rights Commission**

Using information from schools who have had success with addressing bullying, this guide lays out how to monitor and tackle bullying using data.



## Bullying - what can I do? video and accompanying notes

**RespectMe**

A short video from anti-bullying charity RespectMe, giving children information and advice about dealing with bullying. This [guidance](#) is written to be used alongside the RespectMe video, giving practitioners discussion points to go through in class.



## cyberbullying action pack

**Children's Commissioner for Wales**

This resource empowers children to work together in small groups to talk about cyberbullying, and come up with practical strategies for tackling it in their schools.



## Anti-bullying lesson plans

**Children's Commissioner for Wales**

These lesson plans, split up by age, help pupils explore the topic of bullying, and learn more about what they can do to stop it.



Visit **Mentally Healthy Schools** for more resources

# TACKLING IDENTITY-BASED BULLYING

Bullying in schools can happen for many different reasons. One of these reasons may be a child's identity – their race, gender, faith, disability or sexual orientation.

[Research](#) from the Department for Education found that 1 in 3 children said they had been bullied because of their identity. In this section, we share some resources to help you tackle this type of bullying in your school.

## **Discriminatory bullying staff handout**

**Mentally Healthy Schools**

Share this handout with staff to inform about discriminatory bullying and what schools can do to stop it. You could use this to generate discussion and planning in a staff meeting.



## **Identity-based bullying and how to tackle it**

**Anti-Bullying Alliance**

An animation and useful guidance for school staff about identity-based bullying, and how schools can employ a whole-school approach to tackling it.



## **Creating an anti-bias learning environment**

There are some great practical tips for teachers to help create an open, anti-bias classroom in this resource from American organisation the Anti-Defamation League. Please note this resource uses some American concepts and terminology.



## **Stigma and mental health provision training**

**MindEd**

This free training session will help practitioners understand how stigma and discrimination can affect children's mental health, and their access to mental health care.



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