Anti-Bullying Week toolkit

Bullying can have long-lasting effects on children's mental health, and the effects may be cyclical. Young people who have experienced bullying are <u>more likely</u> to experience mental health issues, and those who have mental health issues are <u>more likely</u> to be bullied.

While it's vital that the whole school community takes an active anti-bullying stance all year round, Anti-Bullying Week provides a good opportunity to emphasise that stance to pupils, parents and carers and staff.

The theme for this year's week is 'one kind word'. In this toolkit, we're sharing anti-bullying resources for pupils including lesson plans and videos, information for school staff to help review anti-bullying policies and procedures, and a useful interactive tool for parents.

<u>Resources for pupils</u>

Anti-Bullying Week 2021: primary school pack – Anti-Bullying Alliance

A resource pack designed to help primary schools to celebrate and take part in Anti-Bullying Week. These resources can be used with Key Stage 1 or 2, and tackle the issue of face-to-face bullying and bullying that takes place online.

Go to resource ⧉

MENTALLY HEALTHY SCHOOLS

Anna Freud
National Centre for Children and Families

Be an anti-bullying superhero poster – Mentally Healthy Schools

Put this poster up in classrooms or hallways to give children ideas for how they can address, or deal with, bullying.

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Learning about online hate – Welsh Government

A slideshow of information exploring online hate, including the different forms it takes, who is targeted, motives behind online hate and how to challenge it.

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Your experience - why do people bully? – BBC

This animation helps children to understand that there can be many different reasons why someone may bully others, and that often it is a reaction to how they're feeling, or to something happening in their life.

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Seven days of kindness calendar – Mentally Healthy Schools

The theme for this year's Anti-Bullying Week is 'one kind word'. Schools can use this calendar throughout the week to encourage pupils to do two acts of kindness each day – one to someone else and one to themselves.

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Resources for staff

Bullying and cyberbullying information and guidance - Mentally Healthy Schools

Staff can learn more about the impact that bullying and cyberbullying has on mental health, and how to implement a whole-school approach to bullying, on this information page.

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Anti-bullying policy guidance for schools - RespectMe

Guidance for writing or reviewing a school anti-bullying policy to ensure it is robust, consistent and safe for children and young people.

Go to resource

Guidance for schools on preventing and responding to sexist, sexual and transphobic bullying - Anti-Bullying Alliance

This guidance supports school staff in understanding sexist, sexual and transphobic bullying, and outlines strategies to prevent and respond to it.

Go to resource

Bullying and harassment at work – Education Support

School staff mental health charity Education Support have put together this guide for staff about recognising bullying and harassment at work, and how to respond if it is happening to you.

Go to resource

Interactive anti-bullying information tool for parents and carers - Anti-Bullying Alliance

A free interactive tool for parents who are concerned that their child may be vulnerable to bullying at school. It covers many different topics including types of bullying, what to do if you think your child is being bullied, and how to respond if you think your child is bullying others.

Go to resource