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 or college community takes an active anti-bullying stance all year round, Anti-Bullying Week provides a good opportunity to emphasise that stance to students, 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 students including lesson plans and videos, information for school and college staff to help review anti-bullying policies and procedures, and a useful interactive tool for parents.

MENTALLY HEALTHY SCHOOLS

Anna Freud
National Centre for Children and Families

Resources for students

Anti-bullying Week 2021: secondary school pack - Anti-Bullying Alliance

A pack containing an assembly plan, lesson plan, and cross-curricular activity ideas that are designed to encourage secondary students to think about how we can unite to address bullying both online and offline.

Go to resource ⧉

Stop, speak, support: Key Stage 3 and 4 school pack - Anti-Bullying Alliance

Guidance and activity ideas for 11-16 year olds, aimed at changing the behaviour of those who are 'bystanders' to online bullying.

Go to resource ⧉

Trolling and cyber-bullying video – BBC Teach

This short film with accompanying teacher notes explores the consequences of online bullying, using a real life case study.

Go to resource ⧉

Bullying and cyberbullying lesson plan pack – Public Health England

Examine with your class the meaning and impact of bullying, and discover ways of responding to this type of behaviour.

Go to resource ⧉

Showing kindness video – BBC Scotland

The theme for this year's Anti-Bullying Week is 'one kind word'. In this video from BBC Scotland, wellbeing professional Lorna Walker talks about the benefits of being kind.

Go to resource ⧉

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 or college approach to bullying, on this information page.

Go to resource ⬀

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 ⬀

Safe from bullying in further education colleges - Department for Children, Schools and Families

This guidance outlines what bullying might take place in FE colleges, the steps that can be taken to prevent bullying happening in the first place and to respond effectively when bullying does occur.

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 or college. 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 ⧉