

Anti-Bullying Week 2022 toolkit

Anti-Bullying Week takes place this year from 14th to 18th November. This year, the theme for the week is 'reach out' – encouraging everyone to come together and reach out to others to stop bullying.

In order to encourage students to reach out and unite against bullying, it's crucial that the school or college environment is safe and supportive.

If a young person feels safe and supported at school or college, it makes it easier for them to ask for help if they need it, and creates a sense of community among students and staff.

In this toolkit, we're sharing resources for Anti-Bullying Week. There are resources for students, which will get them thinking about how to support one another, and resources for staff about how to create a safe school or college environment free of bullying.

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National Centre for
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Resources

For pupils

[Anti-Bullying Week 2022: secondary school pack](#) - Anti-Bullying Alliance

The official secondary school pack for Anti-Bullying Week, which includes a lesson plan, assembly plan, poster and more.

[DEAL lesson plan: supporting a friend](#) - Samaritans

This lesson plan helps young people think about how to support their peers who may be going through difficult times.

[How to support a friend – for young people](#) – Mind

Information for young people about how to support a friend who is struggling with the way they're feeling.

[Reach out secondary activities](#) - Bullies Out

A series of activities for young people to complete, focusing on this year's theme of 'reach out'.

For staff

[Create a safe environment for pupils and staff](#) – Anna Freud Centre

A short guide for schools and colleges about ensuring a safe environment for pupils and staff, considering emotional safety alongside physical safety.

Example of an anti-bullying policy statement - NSPCC

An example of the key points that should be covered in your organisation's anti-bullying policy.

Safe from bullying in further education colleges - Department for Education and Skills

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.

Reflecting on your school's culture and environment - Show Racism the Red Card

This factsheet aims to help teachers evaluate the current culture and environment of their school, and consider where improvements can be made to be a more inclusive and to prevent racist bullying.

Classroom wellbeing toolkit – Anna Freud Centre

This evidence-based toolkit, created in partnership with the Early Intervention Foundation (EIF), will help school staff create a classroom environment where all students feel they belong.

All together now: a whole-school approach to anti-bullying practice - Save the Children

This report provides detailed evidence, case studies and guidance on anti-bullying and how schools can adopt a whole-school approach to anti-bullying policy.



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