



**MAKING A
DIFFERENCE**

**EMPOWERING
YOUNG PEOPLE**

**INSPIRING
CHANGE**

GO PURPLE

Bullies  **Out**®
www.bulliesout.com



Registered with
**FUNDRAISING
REGULATOR**

Registered Charity no. 1123070.

THANK YOU FOR SUPPORTING OUR GO PURPLE CAMPAIGN

Taking place on the second Monday in
November - the start of Anti-Bullying week!

Inside this brochure you will find lots
of useful information to help you run a
successful 'Go Purple' event.

WHY WE NEED YOUR SUPPORT

Most children and young people spend 11,000 hours in school and research (from the Diana Award) tells us that sadly, 64% of young people report being bullied whilst at school. Bullying also affects 1 in 3 adults in the workplace.

The bullying issue in our schools and workplaces is real and it is urgent, and we need more awareness of this devastating behaviour to ensure those affected by it receive the help and support they need.

Bullying behaviour creates a culture of fear and has a negative impact on everyone involved. Being bullied can seriously affect a person's confidence and self-esteem, their social and academic well-being and their mental health.

Established in May 2006, we are one of the most dedicated and ambitious anti-bullying charities. Through our award-winning work with individuals, schools, youth and community settings and the workplace, each year, we work to provide counselling, anti-bullying and wellbeing workshops, training and support to thousands of people.

Our vision is to empower and inspire children, young people and adults to overcome bullying behaviour, recognise their self-worth and achieve their full potential. Will you help us to achieve this?

Go Purple is our national campaign, taking place on the second Monday in November to raise awareness of bullying behaviour. Organised as part of our Anti-Bullying Week activities, the campaign's message is to promote kindness, acceptance, empathy, and to challenge bullying behaviour.

- ✍ Get your school, office, college or university involved with this great event. Just charge £1 to wear **Purple** for the day, whether that involves something as simple as wearing a **purple** shirt or scarf or going all out and dressing as a blueberry! This is a great way to get everyone talking about bullying behaviour.
- ✍ Hold a **Purple** Bake Sale! Everyone loves cake! Invite friends and colleagues to bake some **Purple** cakes to raise funds and awareness for BulliesOut.
- ✍ Hold a 'Wear a **Purple** Wig' Day! Don't forget to send us your photos.
- ✍ Buy our **Purple** branded merchandise through our online shop



Need resources or support?

We're here to help so if you would like any additional resources or support with your fundraising just let us know. The more support you have, the more successful it will be. If you need further resources, we can pop them in the post or you can download some from our website.

We have

-  Balloons
-  Stickers & Posters
-  Bunting
-  Collection box
-  Leaflets
-  Gift Aid Form

Email us on fundraising@bulliesout.com

Your own fundraising page

Want to start collecting donations? Set up a **JustGiving** fundraising page - it takes just a few minutes. Your supporters can donate securely online and the money comes straight to us.

www.justgiving.com/bulliesout



IMPACT - WHY YOUR FUNDRAISING IS SO IMPORTANT

Fundraising plays a crucial role in amplifying the impact of our work. By raising funds, we can expand our services, reach more beneficiaries, and address larger or more urgent needs within our community.

With increased financial support, BulliesOut can invest in resources, and implement programmes that drive lasting change.

Additionally, successful fundraising boosts awareness, helping to attract more volunteers and partners, which further strengthens our efforts.

Ultimately, fundraising transforms limited capacity into sustainable, large-scale action, empowering us to make a deeper, more meaningful difference.

All the money we receive is used to provide confidence, self-esteem and resilience training, anti-bullying and wellbeing workshops, mentoring and counselling support for those affected by bullying behaviour ... people like Molly:



Molly is 13 years old and joined BulliesOut in 2019 as she has been bullied a lot in her life. Since becoming a Youth Ambassador, her confidence has grown. Molly has helped make changes at her school by raising awareness. She has also taken part in a TV interview. During lockdown in 2020, Molly made kindness packages for her neighbours and left them on their doorsteps. She also walked 6 miles around her local area and has also hiked up Pen-y-Fan to raise funds for BulliesOut.

Molly has completed her kindness and fundraising challenges, has won the C3SC Special Recognition Award and has also achieved a BCyA award. Molly says 'It's really nice to know you're not alone. I'm proud to be a Youth Ambassador. Thank you BulliesOut for letting me join this amazing team'



GO
PURPLE
Bullies Out

Secret Stylist

Write Name Here	You have the hottest, prettiest and, most importantly, the absolute loveliest to dress and style this person as purple as you like.	You have the hottest, prettiest and, most importantly, the absolute loveliest to dress and style this person as purple as you like.	You have the hottest, prettiest and, most importantly, the absolute loveliest to dress and style this person as purple as you like.
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BulliesOut
Unit 709, Titan House,
Castle Way (Barnet Centre),
Leeds Road,
Cardiff CF15 1NS

Registered Charity No. 1120270

1. Write the names of everyone playing on these cards, cut around the dotted lines, fold them up and pop them in a hat.
2. Everyone plays to play and takes 1 in turn to pick a name out of the hat. That is who they will be styling on the day.
3. Provide a variety of purple make-up and accessories on the day for people to use.

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If you haven't already,
sign up to 'Go Purple' for
BulliesOut and help us
Make a Difference



We're privileged to be able to make things happen but we know we can't do this on our own. We need the support of individuals and groups of passionate people who share our vision - to improve the lives of those affected by bullying behaviour.

By taking part in our **Go Purple** event, you can help us raise awareness, raise funds, have fun and **#MakeaDifference**

Keep in Touch

Whatever you decide to do, remember to keep in touch to let us know what you have planned.

Local press are often interested in charity stories, so don't forget to let them know what is going on, when and why!

Send us your photographs and we'll showcase them to our followers!





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