



I CHOOSE

YOU CHOOSE

WE CHOOSE

Bullies  [®]ut

RESPECT

ANTI-BULLYING WEEK 2024

COMMS PACK

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#ANTIBULLYINGWEEK

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IMPORTANCE OF ANTI-BULLYING

Anti-Bullying week aims to raise awareness of bullying behaviour in schools, and elsewhere, and to highlight ways of preventing and responding to it. BulliesOut supports Anti-Bullying Week, which this year, will take place from:

Monday 11th to Friday 15th November.
The theme this year is:

'Choose Respect'

ABOUT US

BulliesOut was established in May 2006 and we are one of the most dedicated and ambitious anti-bullying charities.

Our Mission is to support individuals, schools, youth and community settings and the workplace through positive and innovative anti-bullying and well-being programmes and to empower individuals to achieve their full potential.

Through our innovative, interactive workshops and training programmes, we use our experience, energy and passion to focus on awareness, prevention, building empathy and positive peer relationships all of which are crucial in creating a nurturing environment in which young people and adults can thrive.



SOCIAL MEDIA ASSETS

You can download social media assets from our website.

We'd love for you to share photos of yourself during Anti-Bullying Week, showing how you're spreading awareness and joining the conversation. Make sure to tag us **@Bulliesout** and use the hashtag **#antibullyingweek** and **#choosekindness**.



PRIMARY SCHOOL RESOURCES:

On our website you can download our posters to display around your school and also our activity pack to use during class to help students celebrate and take part in Anti-Bullying Week.



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Download them here: shorturl.at/CGrxt

SECONDARY SCHOOL RESOURCES:

On our website you can download our posters to display around your school and also our activity pack to use during class to help students celebrate and take part in Anti-Bullying Week.



Download them here: shorturl.at/CGrxt

PARENTS & CARERS

As parents and carers, we all worry about bullying behaviour – especially if we have experienced bullying ourselves.

As parents, it's our responsibility to make a stand against it and protect our children. By speaking out and taking action, we can create a safer and more inclusive environment for our children.

Anti-Bullying Week will empower children and young people to solve problems with empathy and remind adults of their vital role in leading by example, both in person and online, Choosing Respect even when we disagree.

For more information, view our brochure:
shorturl.at/gkRd6



PARENTS & CARERS

What you can do as parents to help support your children with bullying behaviour:

Keep the
Conversation Alive

Work with Schools

Raise Awareness

Encourage Peer
Support

Open
Communication

Know the Signs

Seek
Professional Help

Teach Empathy

Set a Positive
Example

Empower Them

Encourage
Upstanders

For more detailed information on each point,
visit our website: **shorturl.at/VeIU5**

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BULLYING BEHAVIOUR IN THE WORKPLACE

Workplace bullying is repeated, unreasonable actions of individuals (or a group) directed towards an employee (or a group of employees), which are intended to intimidate, degrade, humiliate, or undermine; or which create a risk to the health or safety of the employee(s). It is a systematic campaign of interpersonal destruction that can jeopardise your health, your career and your confidence.

A TUC survey found 3 in 10 employees have experienced workplace bullying.

47% of UK employees have witnessed bullying at work.

UNISON reports 80% of employees have faced online bullying, with nearly 1 in 5 experiencing it weekly.

You can take action with our CPD Training: Positive Behaviour in the Workplace session, helping you address bullying and create a safer, more supportive environment: **shorturl.at/smMLd**

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ONLINE ETIQUETTE

Online Safety at a simple level means being safe on the Internet. Some people also include the safe use of technology in this as well. However, the pace at which technology is evolving can make it difficult to know what to include when talking about the safe use of the internet.

Online abuse can take shape in a number of forms including:

Online Bullying

Sexual Exploitation

Grooming

Emotional Abuse

For parents to learn more about being safe online, check out our training session: Online Safety for Parents here: **shorturl.at/6VRqU**

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THANK YOU!

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