



MAKING A DIFFERENCE

EMPOWERING YOUNG PEOPLE

INSPIRING CHANGE

Workshops and Training Information

Bullies  **Out**[®]

About BulliesOut

Most people will be affected by bullying behaviours at some point in their lives, whether at school, at work or in the community.

At BulliesOut, since 2006, we have poured our passion and expertise into creating safe spaces in which young people and adults can thrive free from the impact of bullying behaviours.

As one of the UK's only charities dedicated to anti-bullying, we provide education and to support over 15,000 people every year:

- › Teaching how to recognise and respond to bullying behaviour
- › Building support networks for those who have experienced bullying behaviour
- › Promoting self-confidence, resilience and overall positive mental health
- › Challenging attitudes to create safer, more inclusive environments
- › Sharing conflict resolution skills and tips for building and maintaining relationships

Our work is designed to be inclusive, interactive and age appropriate. Suitable for schools, youth and community settings, our **Workshops** cover a range of anti-bullying and well-being themes. They are jargon free and are designed to challenge, encourage debate and participation and motivate children and young people to create a safe, inclusive and accepting environment.

Our **Training** gives young people the skills, confidence, and knowledge to support their peers, challenge bullying behaviours, and help create a kinder, more inclusive school environment. The programmes offer a powerful and transformative experience for young people, helping them to become confident, empathetic, and proactive members of their school or community.

Our training transforms students into positive role models who lead by example and make a real impact in their community.



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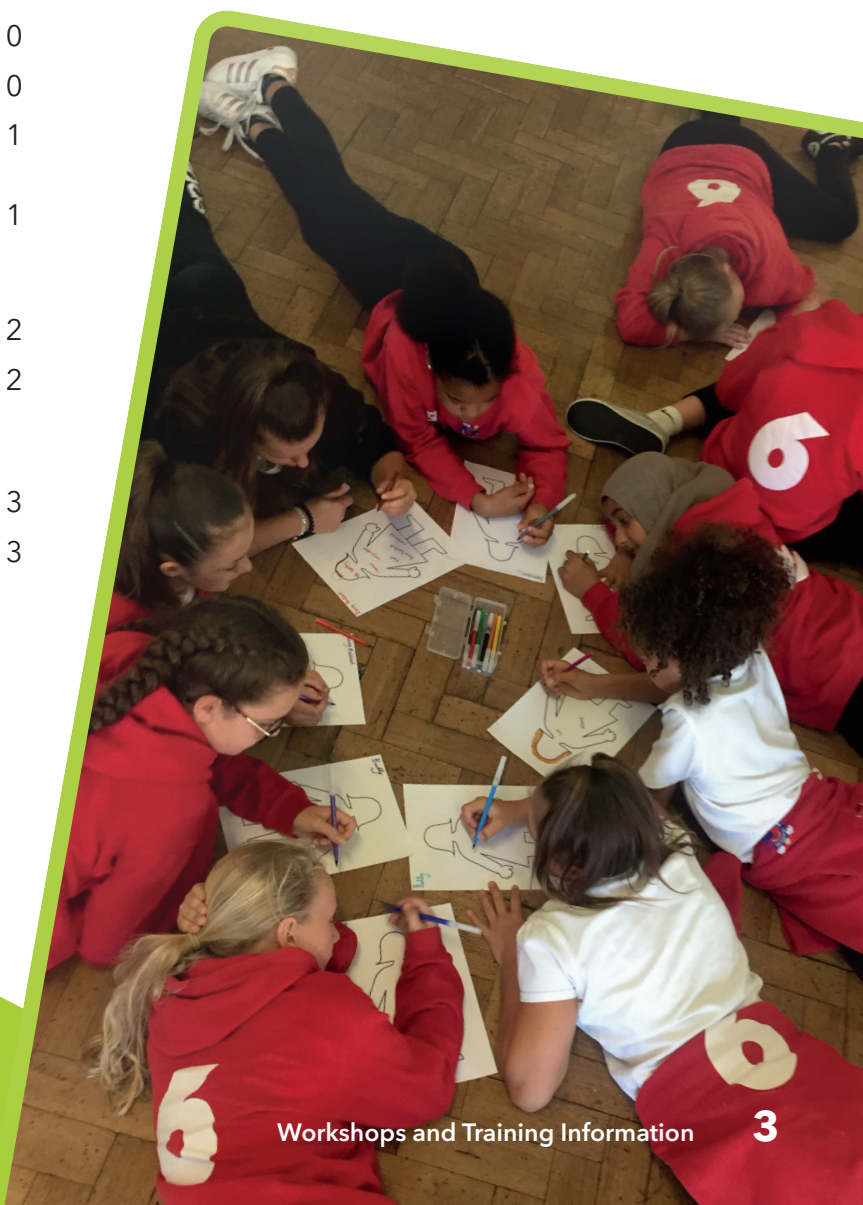
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Changing Attitudes

Challenge Bullying Behaviour,
Change the Culture.



Changing Attitudes is a powerful, interactive workshop designed to challenge harmful behaviours and shift the way young people think about bullying behaviour. Through discussion, and engaging activities, this session encourages participants to reflect on the impact of their actions, build empathy, and take responsibility for creating a more respectful and inclusive environment.

Ideal for upper primary schools and above, this one-hour workshop helps young people:

- › Understand the different types of bullying behaviour and their effects
- › Explore the reasons behind bullying behaviour
- › Develop strategies to stand up safely and support others
- › Commit to positive change - together

Changing Attitudes
doesn't just raise awareness - it inspires action.

Challenging Stereotypes

See the Person, Not the Label.

Challenging Stereotypes is an eye-opening workshop that helps young people recognise, question, and break down the stereotypes that often lead to bullying behaviour, exclusion, and discrimination. Through thought-provoking activities and open discussion, participants explore how stereotypes are formed and how they affect the way we treat others.

Perfect for schools and youth settings, this one-hour workshop encourages young people to:

- › Identify common stereotypes and where they come from
- › Understand how labels can harm individuals and communities
- › Reflect on their own attitudes and biases
- › Promote respect, inclusion, and individuality

Challenging Stereotypes
empowers young people to think differently and treat others better.

Online Bullying

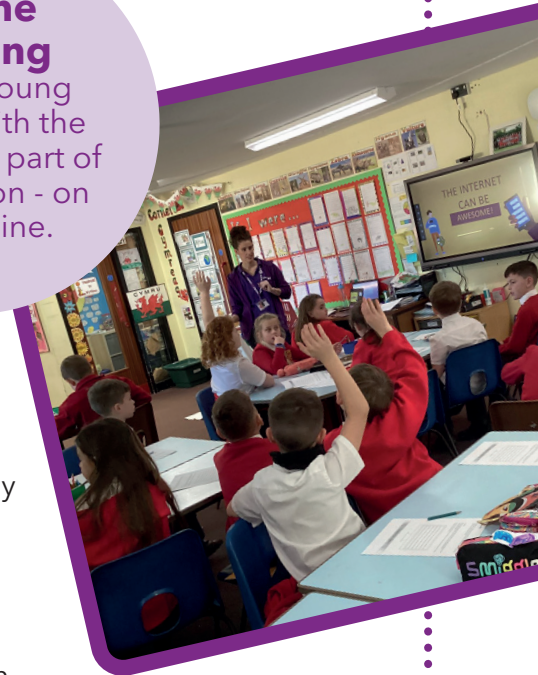
Safe, Smart and Social.

Online Bullying is a dynamic and relevant workshop that deals with the growing issue of bullying behaviour in the digital world. From social media to gaming platforms, this session helps young people understand the impact of their online actions and how to stay safe, respectful, and responsible online.

Ideal for upper primary schools and above, this one-hour workshop helps participants:

- › Recognise different forms of online bullying (e.g. trolling, exclusion, sharing images)
- › Understand the emotional and legal consequences of online bullying
- › Learn how to respond safely and support others
- › Build a positive digital footprint and promote kindness online

Online Bullying equips young people with the tools to be part of the solution - on and offline.



Online Safety

Stay Safe, Speak Out.

Online Safety for Children is an age-appropriate, engaging workshop designed to help young children explore the digital world safely and responsibly. With fun activities and clear, simple messages, the session teaches children how to protect themselves online while enjoying the benefits of technology.

Perfect for primary schools, the one-hour workshop helps children:

- › Understand what personal information is and why it should be kept private
- › Recognise safe vs. unsafe online behaviour
- › Know what to do if something online makes them feel upset or uncomfortable
- › Learn the importance of speaking to a trusted adult

Online Safety for Children empowers young minds to make smart, safe choices in a connected world.

Digital Footprint

Think Before You Click.

Digital Footprint is an eye-opening workshop that helps young people understand how their online actions shape their reputation - now and in the future. With examples and interactive activities and discussions, the session explores how every post, like, comment, and share leaves a trace.

Ideal for upper primary and secondary students, this one-hour workshop helps participants:

- › Understand what a digital footprint is and how it's created
- › Explore the long-term impact of online behaviour
- › Learn how to build a positive and responsible online presence
- › Know how to protect personal information and stay in control of their content



Digital Footprint

encourages young people to be mindful, respectful, and future-focused in their online lives.

Sexting

Awareness & Responsibility Workshop.

Sexting is a sensitive and important workshop that helps young people understand the risks, consequences, and emotional impact of sharing explicit images or messages online. Delivered in a safe, respectful, and non-judgmental environment, the session encourages informed choices and open conversations.

Ideal for secondary schools, this one-hour workshop helps young people:

- › Understand what sexting is and why it matters
- › Explore the legal and emotional consequences of image sharing
- › Recognise pressure, coercion, and consent
- › Learn how to stay safe, protect their digital reputation, and seek help if needed

Sexting

promotes respect for self and others, encouraging young people to think before they share.

Respectful Relationships

Building Healthy Connections.

Respectful Relationships

equips young people with the tools to form strong, safe, and supportive connections with others.

Respectful Relationships is a thoughtful and empowering workshop that helps young people understand what healthy, respectful relationships look like - both in friendships and romantic settings. Through interactive activities and open discussion, the session promotes empathy, equality, and positive communication.

Ideal for upper primary and secondary students, this workshop helps participants:

- › Identify the qualities of respectful vs. unhealthy relationships
- › Understand boundaries, consent, and mutual respect
- › Recognise signs of manipulation, control, or abuse
- › Build confidence in communicating feelings and resolving conflict

Positive Friendships

Choosing Kindness, Building Trust.

Positive Friendships is a fun, interactive workshop that helps young people explore what makes a friendship healthy, supportive, and lasting. Through games, group activities, and real-life scenarios, the session encourages reflection on how we treat others—and how we want to be treated.

Ideal for primary and secondary students, this one-hour workshop helps participants:

- › Recognise the qualities of a positive friend
- › Understand empathy, trust, and respectful communication
- › Deal with fallouts, peer pressure, and toxic friendships
- › Build confidence in setting boundaries and choosing kind connections

Positive Friendships

empowers young people to form meaningful relationships based on respect, honesty, and care.



'I Am'

Positive Identity and Kind Communication

A reflective workshop that builds self-awareness, confidence, and respectful communication through positive identity and thoughtful language.

This workshop helps young people:

- › Understand their positive traits and what makes them unique
- › To build confidence in who they are using strengths based language
- › To practise positive communication with peers
- › Learn how positive thoughts lead to positive, kind words and actions
- › Understand how recognising strengths can boost mental health and future mindset

Kindness Matters
inspires kindness
to become a
habit - one small
act at a time.



Kindness Matters

Small Acts, Big Impact.

Kindness Matters is an uplifting and interactive workshop that shows children and young people how simple acts of kindness can transform their school, community, and themselves. Through engaging activities participants discover the power of empathy, respect, and positive actions in creating a supportive environment.

This one-hour workshop helps children and young people:

- › Understand why kindness is important for everyone's wellbeing
- › Learn practical ways to show kindness every day
- › Explore how kindness can stop bullying behaviour and build strong friendships
- › Feel empowered to make a positive difference

Making the Leap

Confidence for Every Step Forward.

Making the Leap supports young people as they navigate important transitions - whether moving to a new school, year group, or stage in life. Through practical tips, discussions, and confidence-building activities, the workshop helps students manage change positively and develop resilience.

This one-hour workshop helps young people:

- › Understand common feelings around change and transition
- › Build strategies to cope with new environments and challenges
- › Boost self-confidence and independence
- › Feel prepared and positive about the future

Making the Leap

empowers young people to embrace change with confidence and hope.

Making a Difference

Stand Up. Speak Out. Change Lives.

Making a Difference empowers young people to take an active role in preventing bullying behaviour in their schools and communities. Through interactive discussions and practical activities, participants learn how to recognise bullying behaviour, support those affected, and create a culture of respect and kindness.

This two-hour workshop helps young people:

- › Understand the impact of bullying behaviour on individuals and communities
- › Develop skills to safely challenge bullying behaviour
- › Learn how to be effective allies and advocates
- › Build confidence to lead positive change

Making a Difference

inspires young people to be courageous, compassionate, and change-makers.

Peer2Peer Training Day

Peer2Peer Training Day

inspires young people to lead change, making their schools kinder and safer places for everyone.

Empowering Young People to Make a Difference.

Our Peer2Peer Training Day promotes Strength in Sharing, and equips young people with the skills, knowledge, and confidence to become positive role models and active supporters within their school community. Through interactive sessions, group activities, and individual exercises, participants learn how to identify bullying behaviour, offer support, and promote kindness and inclusion.

This training day helps young people to:

- › Develop leadership, teamwork, managing conflict and communication skills
- › Understand the impact of bullying behaviour and how to respond
- › Build empathy and active listening abilities
- › Foster a safer, more supportive school environment

Virtual Peer2Peer Training

Empowering Young People Anytime, Anywhere.

Delivered over half a day, our Virtual Peer2Peer Training offers the same impactful, interactive experience as in-person sessions - now accessible from anywhere. Through live online sessions, and engaging activities, young people develop the skills and confidence to support their peers and promote kindness in their communities.

This virtual training helps participants to:

- › Build leadership and communication skills remotely
- › Understand how to identify and respond to bullying behaviour
- › Develop empathy and active listening online and offline
- › Create positive change in their schools and networks, even from a distance

Peer2Peer Virtual

Training is flexible, convenient, and designed to inspire young leaders wherever they are.



Playground Pals

Helping Hands, Friendly Hearts.

Playground Pals is a fun and interactive training day designed to teach children how to be kind, helpful, and inclusive friends during playtime. The programme was developed to encourage a healthier, more active, playtime, one that is harmonious, increases friendships and provides support. Through games, art, role-play, stories and group activities, children learn how to support their peers, notice when someone needs help, and make the playground a happier, safer place for everyone.

This training day helps children to:

- › Recognise when friends need support
- › Develop kindness and empathy skills
- › Practice including others and resolving small conflicts
- › Build confidence to be a positive friend and helper



Playground Pals

encourages children to become caring leaders who make every playground break fun and safe.



Resource Packs

Sessions to Create Safer, Kinder Communities.

Our Anti-Bullying Resource Packs provide schools with a comprehensive set of engaging materials designed to support bullying prevention and promote positive behaviour. Our session plans, activities, posters, and guidance, empower staff and students to deal with bullying behaviour confidently and create a culture of respect.

These packs help schools to:

- › Deliver age-appropriate lessons on the awareness of bullying behaviour and prevention
- › Encourage empathy, kindness, and inclusion among children and young people
- › Equip staff with practical strategies to respond effectively to bullying behaviour
- › Foster a positive, supportive school environment

Our resources

are easy to use, adaptable, and align with current safeguarding and wellbeing standards.



Hand of Courage

Express Your Strength, Empower Your Voice.

Hand of Courage is a vibrant, hands-on creative workshop where children paint their own symbolic 'Hand of courage.' This project was uniquely designed by BulliesOut and cleverly combines the functions of learning and creativity. Through art and reflection, children are encouraged to use their imagination to paint their own designs onto the BulliesOut 'hand' reinforcing messages given through the workshop around issues of identity, difference, respect and acceptance.

This one-hour workshop helps children:

- › Use creativity to express feelings about courage and kindness
- › Reflect on personal strengths and ways to be brave
- › Feel empowered to speak up safely and confidently
- › Build empathy by sharing their stories through art

Hand of Courage

combines creativity with empowerment, giving children a powerful way to find their voice and inspire change.

Jar of Confidence

Collect Your Strength, Believe in Yourself.

Jar of Confidence is an inspiring, hands-on workshop where children and young people create their own 'Jar of Confidence' filled with positive thoughts, achievements, and encouraging messages. Through this creative activity, participants discuss how bullying behaviour affects self-esteem and confidence, learn to recognise their strengths and build self-belief to face challenges with courage.

This one-hour workshop helps children:

- › Reflect on personal qualities and successes
- › Develop positive self-talk and resilience
- › Visualise confidence as something they can grow and nurture
- › Feel motivated to overcome fears and try new things

Kindness Matters

inspires kindness to become a habit - one small act at a time.



Let's Talk About Bullying Behaviour Secondary Assembly.

Understanding Impact. Encouraging Action. Inspiring Change.

Let's Talk About Bullying Behaviour is a 30-minute assembly designed to open honest, thought-provoking conversations with secondary students about bullying behaviour. Through relatable scenarios, the session explores the reasons behind bullying behaviour, its impact, and how every student can be part of the solution.

This assembly helps young people to:

- › Understand the different forms of bullying behaviour and the harm it causes
- › Reflect on how behaviour - online and offline - affects others
- › Recognise the role of the bystander and how to speak up safely
- › Build empathy, responsibility, and a commitment to positive change

Let's Talk About Bullying Behaviour
encourages young people to think critically, act respectfully, and help build a culture where bullying behaviour is never ignored.

Stand Up, Speak Out, Stay Safe Primary Assembly.

A 30-Minute Assembly to Help Children Feel Brave, Kind, and Safe

Stand Up, Speak Out, Stay Safe is a fun, friendly, and meaningful 30-minute assembly created especially for primary-aged children. Using simple language, and clear messages, the session teaches pupils how to recognise bullying behaviour, speak up kindly and safely, and know who to turn to for help.

This assembly helps children to:

- › Understand what bullying is and why it's never okay
- › Learn how to speak out in a safe and respectful way
- › Feel confident asking for help from trusted adults
- › Be kind friends who include and support others



Stand Up, Speak Out, Stay Safe
gives children the confidence to use their voice and help make their school a kinder, safer place for everyone.

Online Safety for Parents

Helping You Keep Your Child Safe in a Digital World.

Online Safety for Parents

gives you the tools and confidence to support your child's digital wellbeing - at every age and stage.

Parents who attend the workshops will receive an information handbook and the opportunity to meet other parents and share experiences.

Online Safety for Parents is an informative and supportive session designed to help parents and carers understand the risks young people face online, and how to guide them in using technology safely and responsibly. Today's young people are born into a world where advanced technology exists and for this 'Cyber Savvy' generation, the right and ability to use technology manifests itself in a myriad of ways with young people learning, communicating, socialising and gaming through, with and because of technology.

Technology is easily abused and misused and if we are allowing our children use of and access to these tools, we must ensure they are able to use them safely and respectfully

This 2-hour workshop provides practical advice, up-to-date information, and simple strategies for protecting children in an ever-changing digital world.

This workshop helps parents to:

- › Understand popular apps, games, and social media platforms
- › Recognise online risks such as online bullying, grooming, and inappropriate content
- › Learn how to set boundaries and use parental controls effectively
- › Start open, honest conversations about online behaviour and safety





Understanding and Exploring Bullying Behaviour

empowers parents to play an active role in promoting kindness, empathy, and resilience at home and in school communities.

Understanding and Exploring Bullying Behaviour for Parents

Helping You Support Your Child with Confidence and Clarity.

Understanding and Exploring Bullying Behaviour is a 2-hour informative session for parents and carers, designed to unpack what bullying behaviour really is, how it affects children and young people, and what can be done to prevent and respond to it effectively. The workshop explores both the signs of bullying behaviour and the reasons behind it, offering practical advice and guidance for families.

This workshop helps parents to:

- › Understand the different types of bullying behaviour (including online)
- › Recognise signs their child may be experiencing or displaying bullying behaviour
- › Learn how to respond calmly, supportively, and effectively
- › Build open communication with their child and their school

A Guide to Mentoring

supports mentors at all levels to make a meaningful impact, creating safe, empowering spaces for learning, growth, and confidence-building.

A Guide to Mentoring

Empowering Supportive, Trust-Based Relationships That Make a Difference.

A Guide to Mentoring is a practical and insightful training session designed for anyone in a mentoring role - whether supporting children and young people in schools or colleagues in the workplace. This session provides a solid foundation in effective mentoring, focusing on building trust, maintaining clear boundaries, and fostering personal and professional growth.

This training helps mentors to:

- › Understand the core principles and purpose of mentoring
- › Build positive, supportive relationships based on trust and respect
- › Develop key skills such as active listening, empathy, and reflective questioning
- › Set goals, provide guidance, and encourage self-belief
- › Recognise when additional support is needed and maintain appropriate boundaries

Understanding and Exploring Bullying Behaviour

Equipping Adults to Respond with Insight, Empathy and Impact.

Understanding and Exploring Bullying Behaviour is a practical and reflective 3-hour training session designed for those working with children and young people in schools and youth settings. The session explores the root causes, signs, and impacts of bullying behaviour while offering effective strategies to respond, prevent, and support both those affected and those displaying bullying behaviour.

This training helps professionals to:

- › Deepen their understanding of the different forms and dynamics of bullying behaviour (including online)
- › Recognise early warning signs in both those impacted and those displaying the behaviour
- › Respond appropriately and confidently to disclosures or incidents
- › Promote a culture of empathy, respect, and inclusion within their setting
- › Support behaviour changes in young people through restorative and proactive approaches

Understanding and Exploring Bullying Behaviour

empowers professionals to create safer spaces and positive relationships where every young person feels seen, heard, and valued.

Dealing Effectively with Bullying and Harassment

Creating Safer, Fairer, and More Respectful Workplaces.

Dealing Effectively with Bullying and Harassment

supports employers in building safer, more inclusive workplaces where all staff feel valued, protected, and heard.

Dealing Effectively with Bullying and Harassment is a practical 2.5 hour training session designed to equip employers, managers, and leadership teams with the knowledge, skills, and confidence to recognise, prevent, and respond to bullying behaviour and harassment in the workplace. The session promotes a culture of dignity, respect, and accountability, helping organisations meet both ethical and legal responsibilities.

This training helps employers to:

- › Understand what constitutes bullying behaviour and harassment - including subtle behaviours
- › Identify early warning signs and risk factors in teams and systems
- › Respond to concerns or complaints fairly, promptly, and in line with policy
- › Support affected employees while maintaining a respectful workplace culture
- › Implement preventative strategies and foster a zero-tolerance approach



Positive Behaviour in the Workplace

Fostering Respect, Responsibility, and a Healthy Work Culture.

Positive Behaviour in the Workplace is a practical and reflective 2.5 hour session designed to support employees in understanding how their behaviour contributes to a respectful, inclusive, and productive working environment. The session explores communication, professionalism, teamwork, and accountability - key elements in creating a workplace where everyone can thrive.

This workshop helps employees to:

- › Understand the importance of professional conduct and mutual respect
- › Recognise how behaviour impacts team dynamics and workplace wellbeing
- › Improve communication, collaboration, and conflict resolution skills
- › Reflect on personal responsibility and workplace expectations
- › Contribute to a positive, supportive, and inclusive organisational culture

Positive Behaviour in the Workplace

empowers employees to take ownership of their role in building a healthy and respectful workplace for all.

Positive Behaviour Whilst Working Virtually

Building Respect, Connection and Productivity in Remote Teams.

Positive Behaviour Whilst Working Virtually is a timely and practical 2 hour workshop designed to support employees in navigating the unique challenges of remote and hybrid working. The session focuses on maintaining professionalism, respectful communication, and strong teamwork - even when working apart.

This workshop helps employees to:

- › Understand the importance of clear and respectful virtual communication
- › Manage time, boundaries, and expectations effectively while remote
- › Build trust and collaboration through positive online behaviours
- › Handle conflicts and challenges constructively in a virtual environment
- › Stay motivated and connected to colleagues despite physical distance

Positive Behaviour Whilst Working Virtually

empowers employees to contribute to a positive, productive, and inclusive remote workplace culture.



Each year, our voice has echoed in classrooms, workplaces, communities, and online spaces where it was needed most. Thanks to our unwavering commitment to standing against bullying behaviour, we have not only created safer spaces, but also empowered countless individuals to stand tall, embrace kindness, and foster empathy.

Behind every initiative, workshop, and campaign lies our belief in the power of change. Together, with our supporters and partners, we are proving that bullying behaviour is not inevitable - it is preventable.

At BulliesOut, we are dedicated to empowering schools and workplaces to prevent bullying behaviour, promote respect, and build positive environments where everyone feels valued and safe. Our expert-led training, resources, and workshops equip children, young people and employees with the knowledge and skills to challenge bullying behaviour and foster inclusion.

By working with BulliesOut, schools youth settings and workplaces gain a trusted partner dedicated to creating safer, stronger communities where everyone can thrive.



telephone: 029 2049 2169

e-mail: mail@bulliesout.com

address: T109, Titan House, Cardiff Bay Business Centre, Lewis Road, Cardiff CF24 5BS

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