

## Ideas for Anti-Bullying Week

Young Anti-Bullying Alliance is a group of children and young people from around England working with the Anti-Bullying Alliance to stop bullying. You can find out more information about the Young Anti-Bullying Alliance from their web pages at [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

Cyberbullying is the theme for this year's Anti-Bullying Week, which runs from 16–20 November. Blue Friday is at the end of Anti-Bullying Week (20 November) and it's a great day for you to do something special in your school. Here are some ideas from Young ABA just to get you started:

Get everyone in your school to wear **BLUE** for the day.

Get all the people wearing blue to spell out Anti-Bullying Week or ABW and take photographs. We would like to use pictures of Anti-Bullying Week activities on our website – ask your teacher to email some to us at [abw2009photos@ncb.org.uk](mailto:abw2009photos@ncb.org.uk)

Design an anti-bullying screen saver for all the computers at your school.

Do a Blue Friday assembly where you talk about cyberbullying in your school and how it can be tackled.

Write key anti-bullying messages on a virtual online wall during the day.

During Anti-Bullying Week, collect images and thoughts around cyberbullying and then put them all together as a collage or one piece of art for Blue Friday.

Make a video of Anti-Bullying Week activities at your school. You could do it in a 'news style' with reporters talking about cyberbullying and interviewing students.

Create a video feed with other schools in your area to share Anti-Bullying Week videos.

Encourage your school council to run a survey of students to find out how well your school is preventing and dealing with bullying.

### Need some support?

If you need help or advice about bullying you can call **ChildLine (0800 1111)** or go to [www.childline.org.uk](http://www.childline.org.uk) – ChildLine is the UK's free, confidential helpline for children and young people. We're here for advice and support, by phone and online, 24 hours a day. Whenever and wherever you need us, we'll be there.

You can also get support and advice online by contacting **CyberMentors ([www.cybermentors.org.uk](http://www.cybermentors.org.uk))** – a safe social networking site providing information and support for young people affected by bullying.



Young ABA would like all schools to adopt an Anti-Bullying Charter. The charter can be used to make sure the whole school works together to stop bullying. Here's an Anti-Bullying Charter that we've started for you – all you have to do is think of three more promises that you would like your school to make.

## Anti-Bullying Charter

Dear Headteacher

Please accept this *Charter for Action Against Bullying* in our school.

1. We want a school and community free of all forms and types of bullying, including cyberbullying.
2. We want people in this school community to value difference.
3. We think that everyone has the right to be safe online.
4. We want bullying to never be acceptable online, offline, at home or at school.
5. We want to use technology to report bullying if it occurs in or out of school so we feel safe when reporting e.g. by text message/email.
6. We want a relevant, useful and practical anti-bullying policy that the whole school community reviews regularly so we can change parts that don't work.

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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
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To be signed by your Headteacher

Signed.....

And by a representative of your school council/peer support group

Signed.....

