

Anti-Bullying Week 2023

MONDAY 13TH TO FRIDAY 17TH NOVEMBER

PRIMARY
SCHOOL
PACK

MAKE A
NOISE
ABOUT
BULLYING

ORGANISER

 ANTI-BULLYING
ALLIANCE

#ANTIBULLYINGWEEK



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Anti-Bullying Week 2023 takes place from Monday 13th – Friday 17th November with the theme 'Make A Noise About Bullying'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. This year we have worked with children and young people up and down England, Wales and Northern Ireland to decide the theme.

This Anti-Bullying Week we urge adults and children alike to come together to have discussions about what we mean by bullying behaviour, how we can tell the difference between 'banter' and bullying and how we can make changes to reduce bullying. Together, we can make a difference if we make a noise to stop bullying.

ANTI-BULLYING WEEK 2023: 'MAKE A NOISE ABOUT BULLYING' CALL TO ACTION

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'.

It doesn't have to be this way.

Of course, we won't like everyone, and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.



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ABOUT THIS PACK

The ideas in this pack are designed to help schools and other settings for children and young people to celebrate and take part in Anti-Bullying Week. This year our pack has been designed to suit primary school settings right across the UK. Although it is mainly designed for classroom and assembly delivery for key stage 3 and 4, the pack can be easily adapted to deliver to smaller groups and online, as well as to different age groups where appropriate.

The pack contains an **assembly plan, lesson plan and cross-curricular activity ideas** that are designed to encourage pupils to think critically about how we can 'Make A Noise' to address bullying both online and offline.

We would like to extend our thanks to **Nottingham Trent University - NTU Psychology**, for their contribution and guidance developing these lesson plans.



HELP US CONTINUE TO BRING YOU ANTI-BULLYING WEEK

We rely on fundraising to be able to continue to provide you with free Anti-Bullying Week school resources each year. We'd be grateful if you would consider donating or fundraising for the Anti-Bullying Alliance to ensure we can keep providing these resources.

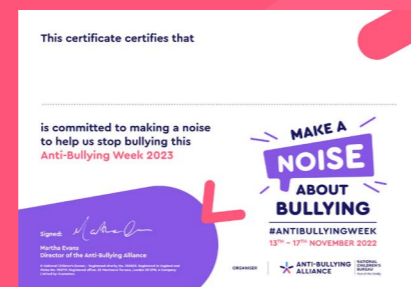
- You can donate directly to us via our [Just Giving page](#).



- Or send us a cheque made payable to 'Anti-Bullying Alliance' and send to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and email address as we like to acknowledge all funds raised wherever possible.



- All donors that fundraise over **£50** will receive a 'fundraising hero' certificate.



GETTING READY FOR ANTI-BULLYING WEEK 2023

WHEN 'BANTER' BECOMES BULLYING

As part of this year's Anti-Bullying Week campaign, we are urging everyone to think about what we mean by 'banter', the role 'banter' plays in bullying and how we can tackle it. Before planning your activities, please think about the difference between 'banter' and bullying, and how you can deliver this message to your pupils.

We know that term 'banter' is often misused in schools to disguise bullying behaviours. Some schools go as far as banning the word. After consulting with schools and young people, we came to the decision that it is important to talk about the term 'banter' in schools. As such, we have chosen to include the term in the activities in this pack. They can be adapted should you wish to say 'a joke' rather than using the word banter however, we'd recommend use of the term.

Banter and jokes can play an important role in the development and maintenance of friendships. Banter is defined as 'the playful and friendly exchange of teasing remarks'. However, sometimes these behaviours can be taken too far such that the behaviours constitute bullying. For example, when there is targeted repetition of the 'banter' or if the 'banter' is about personal characteristics such as appearance. The significance of behaviours that we would think of as bullying can also be downplayed when people try to pass these behaviours off as 'just banter'.

We are not saying that we can't joke with friends, but we are encouraging everyone to be mindful of how, sometimes, these jokes may not be received as they were intended.

With this in mind, we encourage you to be clear with pupils that 'banter' is not hurtful by its very definition and if something being called 'banter' is hurting someone, it's no longer 'banter' but hurtful behaviour and potentially bullying behaviours.



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LET PUPIL'S LEAD!

This year's Anti-Bullying Week has a particular focus on understanding the difference between 'banter', 'arguments' and 'bullying', and who better to explore and share this topic than young people themselves.

Anti-Bullying Week is a great way to get pupils involved in planning for their own learning. Why not ask them to get involved in planning for parts of the week, with adult support?

There are lots of ways you can get pupils involved in Anti-Bullying Week:

- Allow a group of pupils to plan and deliver a school assembly or part of a lesson
- Ask pupils what they think about bullying in their school community, ask if they think it happens, ask where it happens, ask what they'd like to see their school do to prevent and respond to it?
- Ask pupils what activities they'd like to see delivered during Anti-Bullying Week
- Review the school's current Anti-Bullying Policy and make recommendations
- Pupils could plan a fundraising event such as Odd Socks Day, a bake sale or fun run

BE MINDFUL

Whilst we try to make Anti-Bullying Week a celebratory event and a chance to raise awareness of bullying, for some pupils, particularly those that might be being bullied or those bullying, Anti-Bullying Week can be hard. Therefore, it's important to consider this during planning to ensure all lessons and activities are delivered sensitively.

As the adult delivering the session:

- Read through the contents of these resources, handouts and videos to ensure they are suitable for your school e.g., do you need to consider if case studies need names changing? Or if they should be adapted for some of your pupils?
- Consider any pupils who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session
- Be aware of any changes in pupil behaviour during the session as this may highlight a bullying-related issue
- Try to avoid pupils from disclosing personal information or specific incidents during the session but remind them an adult in school will be available to talk to them afterwards

REMINDER

During the session, make sure pupils are taught:

- How to report bullying or anything they are worried about
- That there are people who care and can help if they are struggling with a bullying-related issue
- Where to find their school's Anti-Bullying Policy



SCHOOL GUIDANCE AND CURRICULUM MAPPING

The lesson plan, assembly plan, and cross-curricular activities within this pack could contribute to certain areas of the curriculum that pupils should know by the end of secondary school. You can find relevant guidance and legislation, as well as curriculum mapping, in relation to bullying for schools in England, Wales and Northern Ireland.

[CLICK HERE](#)



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ADDITIONAL RESOURCES AND TRAINING



The Anti-Bullying Alliance has a suite of free CPD-certified anti-bullying courses for anyone that works with children and young people.

Find out more here! >

ARE YOU AN ENGLAND-BASED SCHOOL? SIGN UP TO BECOME A UNITED AGAINST BULLYING SCHOOL FREE TODAY!

The United Against Bullying (UAB) programme is the Anti-Bullying Alliance's **FREE** whole-school anti-bullying programme. It supports schools to reduce bullying and improve the wellbeing of all children, focusing on those most at risk, including those with protected characteristics.



"The sense of pride from the children and adults is immeasurable as is the continued passion to ensure that at the heart of our community is kindness and acceptance. The ABA hub is a huge source of information, support and reassurance and the driving force behind our knowledge and passion for being a school with zero tolerance of bullying. THANK YOU."

- UAB School



Hurry, sign up by 14th September 2023 to take part in this year's programme.

Sign up at: www.anti-bullyingalliance.org.uk/uab >



Odd Socks Day



MONDAY 13TH NOVEMBER

Like every year, we kick off with Odd Socks Day on the Monday of Anti-Bullying Week. Odd Socks Day is a chance for schools to celebrate Anti-Bullying Week in a positive way by asking pupils and staff to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you need to do to take part is wear odd socks, it could not be simpler!

Odd Socks day will take place on the first day of Anti Bullying Week, **Monday 13th November** to help raise awareness for Anti-Bullying Week.

It comes with a pack for schools, posters, a pack for workplaces and flyers to help you get involved. You can find them [here](#).



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ASSEMBLY PLAN

AIMS



- To understand what your school is doing for Anti-Bullying Week 2023: Make A Noise About Bullying
- To understand the theme of 'Make A Noise'
- To understand what bullying is and the types of bullying
- To understand the difference between 'banter' and 'bullying'
- To promote empathy and empowerment amongst young people

TIME



20-25 mins

OUTCOMES





By the end of the assembly, pupils will:

- Have reflected on the issue of bullying and the difference between banter and bullying
- Identified the ways in which they can help when they see bullying taking place
- Understand the roles involved in bullying and especially the role of bystanders
- Understand how to make a noise about bullying in a unified way

RESOURCES AND PREPARATION

Click the links to download the files. Please watch films prior to showing them to pupils.



-  [Anti-Bullying Week 2023 - Primary School Assembly PowerPoint](#)
-  [Anti-Bullying Week 2023 - Primary School Film \(2 minutes\)](#)

INTRODUCING ANTI-BULLYING WEEK (5 minutes)

Welcome everyone to this year's Anti-Bullying Week Assembly, 'Make A Noise About Bullying' and provide a run-down of the schools plans to mark the week.

Display **Slide 2** – Anti-Bullying Week 2023 Call to Action

Read this year's Call to Action aloud and allow students a moment to consider the meaning and impact of the statement.

Questions to ask:

- How does hearing this make you feel?
- How can you 'Make A Noise About Bullying'?

Display **Slide 3** – Anti-Bullying Week 2023 Primary School Film



Play the official Anti-Bullying Week film for this year. We'd suggest watching it before you show it to ensure it's right for your pupils.

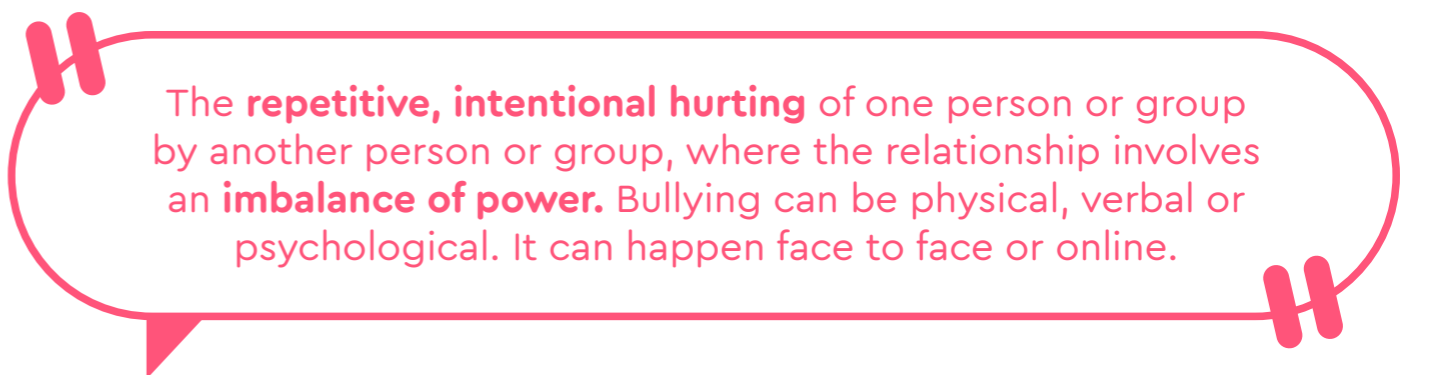
Question to ask:

- What do you think of the message?

BANTER VS BULLYING (5-10 minutes)

Display **Slide 4** – Bullying definition

Explore the definition of bullying with your pupils. You can use the Anti-Bullying Alliance's definition, shared on the slide, or you could use your school's own definition if it differs.



The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face to face or online.

Ask students to take a minute to think about the difference between bullying and 'banter'.

Questions to ask:

- What is 'banter'?
- What examples can you give?

Display Slide 5 – Banter Is...

Read the definition displayed.

Ask your pupils to think about the meaning of banter and compare to the definition of bullying.

'The **playful and friendly** exchange of teasing remarks.'

Questions to ask:

- What are the main differences between banter and bullying? Some examples could be: saying unkind things, playing mean tricks or making a joke with a friend.
- When does banter stop being fun?

Ask pupils to share some possible situations where friendly exchanges could turn into bullying and what they could do to try and stop this from happening.

Question to ask:

- If you see this type of behaviour, how could you 'Make A Noise' when banter turns to bullying?

Display Slide 6 – It's not banter if...

Read the information on the slide

It's not banter if:

1. You would be upset if someone said it to you;
2. It's hurtful;
3. You're not friends;
4. Someone's asked you to stop;
5. The target isn't laughing;
6. It focuses on someone's insecurities.

It is essential that pupils are aware of the differences between banter and bullying. You may wish to ask for some examples to check their understanding.

MAKE A NOISE (10 minutes)

Display Slide 7 – Make A Noise!

Allow a moment of reflection for pupils to think about times they have 'Made A Noise' about something. Not necessarily bullying, but something that has meaning. For example, you could include singing at a concert or cheering for your favourite sports team.

Ask students and school adults to share the examples if they feel comfortable sharing. You could have some pre-prepared examples from members of staff or children ready to share at this point.

Question to ask:

- How does it feel to 'Make A Noise' about something that really matters to you?

MAKE MORE NOISE!

Give the pupils a few examples of how they could make a noise. **For example:**



Letting your friend know when you think they went a little too far with 'banter' – you could simply say, 'hey, you may not have meant to, but I think you may have hurt our friends' feelings when you said that'



If you know someone is being bullied, you could check in with them, ask them if they're ok, encourage them to speak to an adult about it, you could even offer to go with them



Speaking to a trusted adult about what you have seen



Showing kindness to those being bullied. You could ask them to join in your games, sit beside them at lunch, or be your partner in a class activity



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For teachers and school staff, think about the way you investigate potential acts of bullying that are being brought to you. Share with children the way bullying claims are dealt with in your school. What are the actions? What are the consequences? Making a noise is a team effort, adults and pupils alike.

Display **Slide 8** – Bullying Isn't Welcome Here

Invite one child to say this sentence aloud. Then ask 5 children to say it together. Then a class, then a year group. Finally get everyone to say it together.

The message we are trying to get across to pupils is that we all have the power to affect change and that power is amplified when we join forces to spread a unified message. Discuss the impact of one voice compared to when everyone in the assembly said the sentence together. How does this relate to the way we could approach bullying or injustice? If there is a unified message and we deliver it together, the change will be made more consistently and effectively.

Now to make it a little more fun, ask everyone to make as much noise as possible whilst shouting 'Make A Noise'. They can stamp their feet and clap their hands. If you have some instruments, hand them out!

Display **Slide 9** – Unity in Community

Insert the relevant school staff photos and names on the slide.

Recap on some of the Anti-Bullying Week activities in school that students can get involved in. Remind children of the importance of making a noise about bullying. Speaking out, speaking up for those who are too scared to. Speaking up for themselves too!

Remind pupils that they can always speak with school staff to share their concerns. And although they can speak to any staff member they feel comfortable with, the staff displayed on the slide have a particular role relating to student wellbeing.



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LESSON PLAN

AIMS



- To be able to define bullying
- To recognise the difference between banter and bullying
- To explore ways we can make a noise about bullying in our school

TIME



This could be reduced or used as 2 separate lessons as you see fit

60 - 90 mins

OUTCOMES

By the end of the lesson, pupils will have:



- Explored the many ways in which bullying can happen and how we can 'Make A Noise' in order to stop it
- Recognise the difference between 'banter' and 'bullying'
- Understand the group behaviours in bullying
- Share ideas with peers that contribute towards the school's anti-bullying strategy (in the form of a class poem/song-based around this year's call to action)

RESOURCES AND PREPARATION

Click the links to download the files



- [Anti-Bullying Week 2023: Primary School Lesson PowerPoint](#)
- [Anti-Bullying Week 2023: Primary School Film \(2 minutes\) – please watch this film prior to showing it to pupils](#)
- [Anti-Bullying Week 2023: Primary School Handout](#)
- Flipchart, markers, pencils, etc

ESTABLISH GROUND RULES (5 minutes)

Before beginning the lesson, break the class up into small groups and explain to them that they will be working in teams for the lesson. Give them an overview of what the lesson is about and what they will be covering, i.e., exploring the issue of bullying, what part we can play in tackling it, and the topic of 'banter' and bullying.

Setting the scene

Talking about bullying can be hard so it's important to set some ground rules for this discussion.

Question to ask:

- How should we treat each other in this discussion?

Give students time to discuss in groups and then share ideas with the class.

Some examples

These are examples, but we encourage you to collaborate on your own list and to display it somewhere in the classroom during discussion.

- Listen to each other
- One person speaking at a time
- No singling people out or judging anyone's experience
- Be kind and consider people's feelings

EXPLORE THE ANTI-BULLYING WEEK 2023 THEME 'MAKE A NOISE' (10 - 15 minutes)

Display **Slide 2** – Anti-Bullying week 2023: Call to action

Read the call to action and have a discussion with the class.

Questions to ask:

- How does hearing this make you feel?
- How can you 'Make A Noise About Bullying'?



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Display **Slide 3** – Anti-Bullying Week 2023: 'Make A Noise' film. 

Share the Anti-Bullying Week video. Afterwards, ask them to share their thoughts on the 'Make A Noise' theme that was presented.

Questions to ask:

- What are your thoughts on this theme?
- How can we make a noise about bullying in our class/school/community?
- What difference do you think we could make by uniting our voices with one strong message?

Display **Slide 4** – Be like Jo-Jo

Tell pupils that we can all raise our voices to make a difference, but that starts with **YOU! YOUR** voice can make a difference.



Watch this clip from 'Horton Hears A Who' (2.46 minutes)



Context:

Horton needs the 'Who's' in 'Whoville' to be heard to keep them safe. Everyone in the town comes together to 'Make A Noise' but it isn't enough, until Jo-Jo joins in. The purpose of this clip is to encourage your pupils to think about the difference that can be made when people 'Make A Noise' and stand together.

Questions to ask:

- How does this help you understand the impact one voice can make?

If we all decide to use our individual voices, we can make a HUGE difference, together.



BANTER VS BULLYING (10 - 20 minutes)

Display **Slide 5 & 6** – Definitions of 'banter' and 'bullying'

Read the 2 definitions shared on the slides.

Banter: The playful and friendly exchange of teasing remarks.

Bullying: The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Take the time to discuss the definitions with your pupils, exploring how they differ.

Question to ask:

- How are these two definitions different?

Knowing The Difference

Display **Slide 7** – Banter with friends

Ask your pupils what banter means to them, how do they 'banter' with each other, and if they think it's a good thing? Then explain the positives of banter listed in the slide.

Read **Slide 7**

Banter with friends can:

- Make you feel closer to each other.
- Be a light-hearted and funny way to pass time.
- Show acceptance in a friendship group.
- Show you trust each other.



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Question to ask:

- With your group can you think of some examples of what banter might sound like?

(Examples may include funny names that students may use for their friends e.g. silly sausage or making fun of something they love e.g. you might turn into a football if you don't stop talking about it!)

Display Slide 8 - When Banter Becomes Bullying

Explain to your pupils that sometimes jokes can be taken too far and potentially become bullying behaviours. Here we have listed the different ways research says banter can be bullying. You can adapt the language to make it suitable to your pupils.

- **Topic** – topics that are sensitive, personal, appearance-based, or use offensive language are considered not appropriate to joke about as banter.
- **Relationship** – banter and jokes are more appropriate with friends and people close to you.
- **Where it happens** – if banter takes place in public where other people outside your friendship group can hear, it is more likely to be seen as bullying.
- **Is it repeated?** - if so, the joke may stop being funny.
- **Intention** – is the intent to cause harm or hurt? If so, this is not banter.
- **Reaction** – if the person receiving the banter feels uncomfortable or upset, then it's time to stop.

Task →

In your groups, discuss examples of banter that could become bullying. Spend a few minutes sharing with the whole class.

Display Slide 9 – Make A Noise! (30 - 45 minutes)

Ask your pupils to think back to the assembly and the activity where they all spoke at the same time.

Question to ask:

- What was the impact of the noise? How did it make you feel?



Task →

Ask pupils to, in their groups, make a list of people who are responsible for making a noise about bullying in their school. Now write down ways they could make a noise about bullying that could help keep their school become bullying free.

Questions to ask:

- How many names do you have?
- Imagine how much noise all those people (including you!) could make? Using one united message means we will be heard by all. What could our school's united message against bullying be?

Share ideas with the class – teachers can make notes on examples to display throughout the lesson.

Activity (share the lesson handout)



We are going to create a class poem (which we can rap, too!) with the theme of making a united noise to stand up against bullying.

As well as thinking about everything we have discussed in this lesson, share these guiding questions:

1. How can you speak up and make a stand about bullying?
2. What would you say to someone engaging in bullying behaviour if you saw them in action?
3. What would your message against bullying be?
4. Who can help spread the message and how can we do it?



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Have a 1-minute discussion – you can model ideas on a flipchart to provide scaffold for some children who may need extra support.

Ask the groups to create one sentence each using the guiding questions to help. Ask pupils to imagine their sentence as their individual voice and message.

Allow the pupils to take turns at writing their sentence on the paper so everyone has a chance to have their message heard. As a challenge they could make some of them rhyme, but the message is more important.

At the end, allow each group to read their sentences aloud for the rest of the class. They can do it together as a group or choose a spokesperson.

You have now created a whole-class message! You could have the class read the whole poem from each group's paper (or you could challenge them to rap!) or collate the sentences in one document that can be displayed in your classroom.

Let's Get Even Louder

Question to ask:

- Now that you have created your own class poem, think of ways to make it even more effective.
- Could you add some backing music? Create your own beat using objects from your classroom? Add a melody and turn it into a song?
- What else can you think of that would take it to the next level?
- You could even share your poem with other classes in your school or talk about it with friends in the playground. The more we talk, the better! We can all stand united and make a noise about bullying!

TO END (5 minutes)

Display **Slide 10** - The Lorax, by Dr. Seuss

Read the quote from The Lorax to the class and ask them to reflect silently on it for a moment.

“ Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. ”

After a minute, share ideas on meaning with the class. Standing united is important, but we need YOU to make a noise. That's where it starts, and there's nothing we can't do when we join forces to make real change happen.

To finish the lesson, remind pupils that they can always talk to you if they are worried about bullying. This could be about themselves or others experiencing bullying, or even if they think they might have been behaving in a way that they now think may be bullying, you're there to help.



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CROSS-CURRICULAR ACTIVITIES

Our cross-curricular ideas are designed to bring the anti-bullying week theme to life throughout the curriculum and help keep the conversations flowing.

MUSIC

Explore the use of volume in conveying a message or emotion. Create an anti-bullying chant and use Italian terminology for soft (pianissimo/piano), to moderate (mezzoforte) to loud (forte/fortissimo).

Create a percussive accompaniment to your class's 'Make A Noise' poem/rap. Discuss how it changes the feeling or intensity.

ART

Design a 'Bantometer'. [See handout.](#)
When does banter turn to bullying? Give examples for each interval on the Bantometer, showing how it can turn from harmless to hurtful.

SCIENCE

Explore vibration. Gather a selection of musical instruments made of different materials. Explore the way sound vibrates through different materials and which ones allow the vibration to last the longest. Xylophone vs Metallophone for example. How does the length of the bar change the sound? Discuss pitch and note length and make a list of the best instruments for making a noise.

COMPUTING

Create a class Popplet to keep all of your ideas on making a noise about bullying in the one place. You could use them to make a leaflet or poster on how to deal with bullying or people you could speak to if you had concerns about bullying and display them around the school. You could also create a 'Banter or Bullying?' Poster outlining the differences between the two.

DEBATE

Have a class debate on Banter vs Bullying (aimed at Upper KS2).

DRAMA

Roleplay potential playground scenarios that are 'just banter' based on what they have learned this week. Use examples of banter that can turn into bullying so children can more easily visualise what this might look like in real life.

ENGLISH

Choose a storybook or novel, based on the suitability of your class, that relates to situations of bullying or injustice, and promotes 'defenders' and activists. Ideally, this would be a story of people standing together. You could use one of the stories mentioned in the lesson plan, 'Horton Hears a Who' or 'The Lorax' by Dr. Seuss. For older children you could use 'Gifts from the Enemy', by Trudy Ludwig, 'How to be more Hedgehog' by Anne-Marie Conway, or 'The Boy in the Dress' by David Walliams & Quentin Blake, or a history-based story from 'Stand Up, Stand Out' by Kay Woodward. You could either read the story during class or assign it as a reading task.

Key stage 1

Discuss as a class the role of each 'defender', from the main characters to those in the background. Why do you think they felt they had to 'stand up' and 'Make A Noise'? How do you think they felt? What advice do you think they would give to others witnessing bullying or injustices?

Key stage 2

Ask pupils to write a memoir from the perspective of a 'defender' in the story, talking about why they 'stood up' and 'Made A Noise', and how they felt doing it. Did they face any struggles? How did they overcome them?



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ANTI-BULLYING WEEK 2023 SCHOOL STAFF AWARD



School Staff Award

Each year, for Anti-Bullying Week, we ask children and young people to help us celebrate the teachers and school staff that go above and beyond the call of duty to prevent and respond to bullying & to raise awareness of bullying in their school community by nominating them for our School Staff Award.

Closing date for entries is Friday 20th October!

You can find more information, including how to apply, and the amazing prizes that can be won, [HERE](#).



ANTI-BULLYING WEEK 2023 OFFICIAL MERCHANDISE

We have official Anti-Bullying Week 2023 available to buy on our website. New stock includes a collection of 'Make A Noise About Bullying' wristbands and stickers, 'United Against Bullying' Pin Badges and Anti-Bullying Alliance t-shirts available.



**Get yours [HERE](#)
while stocks last.**



BBC Teach are making a noise about bullying with a brand new Live Lesson for Anti-Bullying Week 2023

This 30-minute interactive programme for primary schools will help children understand what bullying is and empower them to speak out about bullying.

Curriculum links

KS2 / 2nd Level Relationships Education/ Health Education/ Personal Development and Mutual Understanding/ Health and Wellbeing for 7-11 year-olds.

How to get involved

Watch on Monday 13th November at 11am on BBC Teach at the link below or watch on CBBC.

<https://www.bbc.co.uk/teach/live-lessons/anti-bullying-week-2023-live-lesson/zt74qyc>



Let BBC Teach know you'll be joining with your class or school by emailing live.lessons@bbc.co.uk with the words Anti-Bullying Week in the subject heading, for the chance of a shout-out for your class or school on the BBC Teach live commentary page.



#ANTIBULLYINGWEEK



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OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2023

1. On Monday of Anti-Bullying Week, we hold [Odd Socks Day](#) where we ask schools and organisations to wear odd socks to school to celebrate what makes us all unique.
2. [Sign up to be a supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
3. Display the [Anti-Bullying Week Poster](#) up around school.
4. You can purchase a range of amazing [Anti-Bullying Week merchandise](#) including wristbands and stickers from our online shop.
5. If you're based in England, you can become a [United Against Bullying School](#). Embark on your school anti-bullying journey and sign up to our new free whole-school programme for schools.
6. You can share our [Anti-Bullying Week Pack for parents and carers](#) developed with Kidscape among parents and carers in your school.
7. We have [free CPD anti-bullying online training](#) available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so do not delay – complete today!
8. Anti-Bullying Week is not government funded so we need to raise funds to run it each year. If you are able to [fundraise for us or any of our member charities](#) during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to fundraise for us in Anti-Bullying Week [here](#).
9. [Review your anti-bullying policy](#) as a school. We have some handy tips to help with developing your anti-bullying policy. Anti-Bullying Week is a great opportunity to review you policy as a school.
10. Please **share your activity with us on social media**. Use the hashtag #AntiBullyingWeek and #MakeANoise. We love to see what you're doing. Share with us your videos, artwork and messages.



VOTESFORSCHOOLS

For Anti-Bullying Week 2023, VotesforSchools have created lessons so you can hold a classroom debate on the questions: **"Can banter be bullying?"** (Primary) and **"Is banter an excuse for bullying?"** (Secondary). To **sign up** for your free 30-minute Primary or 15-Minute Secondary lesson and for a chance to **get involved** in a national conversation about dealing with bullying, click **HERE**.



Twinkl has developed fantastic **FREE resources** for Anti-Bullying Week 2023 and beyond, which are ideal for both in-school and at-home learning



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ABOUT THE ANTI-BULLYING ALLIANCE

Anti-Bullying Week is coordinated by the **Anti-Bullying Alliance (ABA) in England, Wales and Northern Ireland**. We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



The ABA has three main areas of work:

1. Supporting learning and sharing best practice through membership
2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns
3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives

ABA is based at leading children's charity the National Children's Bureau.

We'd like to extend our thanks to the follow:

- All the young people involved in developing the theme this year and the school films. Particularly those young people from the 'Young Anti-Bullying Alliance'
- Nottingham Trent University – NTU Psychology Team, Loren Abbell, Lucy Betts, Sarah Buglass & Oonagh Steer

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MAKE A

NOISE

ABOUT
BULLYING

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Please share your 'Make A Noise About Bullying' activity with us online!



@abaonline



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