

ANTI BULLYING WEEK – IDEAS BANK

A continuous collection of classroom and whole school ideas to explore respect, empathy and positive relationships. Suitable across primary and secondary phases.

About Anti Bullying Week

- Held each year in November in the United Kingdom
- Organised by the Anti Bullying Alliance
- Aims to raise awareness about bullying and promote kindness and respect in schools
- Encourages students to speak up, support others and create positive school environments
- Often begins with Odd Socks Day to celebrate individuality and difference

Whole School / All Through Ideas

- Introduce the week through an assembly discussing respect, kindness and inclusion
- Explore what bullying is and how it can affect individuals and communities
- Discuss the importance of speaking up and supporting others
- Create a whole school display promoting kindness and respect
- Encourage students to reflect on how their actions influence others
- Develop a shared set of values for positive behaviour in the school community
- Invite students to share ideas about how to improve school culture
- Link discussions about bullying to themes such as empathy, responsibility and leadership

Primary Ideas

- Discuss what kindness and friendship look like in everyday situations
- Create posters encouraging students to treat others with respect
- Write short messages showing ways to support classmates
- Role play situations where students practise helping someone who feels left out
- Create a kindness wall where students add positive messages
- Draw pictures showing how people can include others
- Explore stories about friendship and discuss the characters' choices
- Create classroom agreements about respectful behaviour

Secondary Ideas

- Discuss the different forms bullying can take including online behaviour
- Explore the impact bullying can have on mental health and wellbeing
- Debate the role of bystanders and the importance of intervention
- Analyse case studies and discuss how situations could be resolved
- Create student led campaigns promoting respect and inclusion
- Investigate how schools and communities respond to bullying
- Explore the role of leadership in creating positive school culture
- Reflect on how empathy and communication can reduce conflict

Cross Curricular Links

- Citizenship, respect, responsibility and community values
- PSHE, relationships, wellbeing and inclusion
- English, reflective writing and discussion
- Drama, role play and exploring social situations
- Art, positive messaging and visual communication