

REACH OUT!



Anti-Bullying Week is observed with the aim of sending a clear and positive message that bullying is neither acceptable nor inevitable in schools and communities. This week aims to raise awareness about bullying and the effects that it can have on the people that experience it.

The theme for Anti-Bullying Week 2022 is 'Reach Out'.

- Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.
- Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.
- It doesn't stop with young people. From teachers to parents, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behavior, set positive examples and create kinder communities.
- It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

The week will begin with Odd Socks Day which will be held on 14th November.

All you need to do is wear odd socks! During this day, children and adults can express themselves and celebrate their individuality, while highlighting what makes us all different.

Friendship Friday will take place on the last day of Anti-Bullying Week 2022 which is 18th November. It's a great facilitator for children and adults to reach out to friends and peers – whether that's at home, school, or in the community – and share positive things with each other and show empathy.

#HATE

#BULLY

WHAT CAN YOU DO AGAINST BULLYING?



As students, friends, brothers, and sisters, it is important to know about the types of bullying – direct, cyber, physical, emotional – and how to combat them. Remember:

1. Bullies are only as strong as you make them, so stand tall and speak up for yourself or a friend without fear.
2. Don't let the rude comments affect you, you are amazing as you are, and no one can tell you otherwise.
3. Stand up for others and tell an adult if something is going on, they can interfere at the source and prevent bad things from happening.
4. Cyberbullying exists and we must be aware of it, report any rude comments and remember to be kind to other people online as well.



HOW TO STAND UP TO BULLIES!



SAY NO

When someone send rude comments your way, its important to say "No", and tell them to stop.

LAUGH

Although it may sound odd, the solution to bullies may be to just laugh and ignore them. This will catch your bullies off guard and make them feel displaced.

STICK WITH FRIENDS

Bullies usually look for children that stray away and spend time alone, having friends close to you can stop the bully from targeting you.

ONLINE SAFETY

Bullying doesn't just take place in person, it happens online as well.

Stay safe, keep your log-in details secret and report bad online etiquette.

