

ANTI-BULLYING WEEK

#ANTIBULLYINGWEEK 13th – 17th November

Aims of Anti-Bullying Week :

- empower children and young people to celebrate what makes them, and others, unique
- help children and young people understand how important it is that **every person feels valued and included** in training or the work place, able to be themselves, without fear of bullying
- encourage parents and carers to work with their training provider and talk to their children or young person in their care about bullying, difference and equality
- enable tutors and other children's workforce professionals to celebrate what makes us 'all different, all equal' and celebrate difference and equality. Encouraging them to take individual and collective action to prevent bullying, creating safe environments where children/young people can be themselves



If you or someone you know are being bullied on social media, these steps can be followed to prevent further bullying :

- **LOG OFF** the site where the bullying is happening
- **BLOCK EMAILS** or messages. Don't respond to them and block the person sending the messages
- **SAVE THE MESSAGE** or email that is inappropriate, so it can be reported

HELP & SUPPORT

If you feel like you don't have anyone to talk to about being bullied or you don't feel comfortable talking to someone from work, a friend or family member, there are helplines which are there to support a child or young person who is being affected by bullying

Childline

Helpline: 0800 111 for bullying, cyber bullying and mobile phone safety

or visit their website for more advice at: www.childline.org.uk

Bullying UK

Helpline: 0808 800 2222 for workplace bullying and cyberbullying

or visit their website at: <http://www.bullying.co.uk/>