



## National Anti-Bullying Week

**The theme for Anti-Bullying Week 2019 is: 'Change Starts with Us'**  
**Anti-Bullying Week runs from 11<sup>th</sup> - 15<sup>th</sup> November**

On **Tuesday 12<sup>th</sup> November** wear ODD SOCKS to school for Anti-Bullying Week. Children will wear uniform on this day, only the socks are different.



**Small Change, Big Difference.**

Whether it is verbal, physical or online, bullying can have a significant impact on a child's life. By making small, simple changes we can break this cycle and create a safe environment for everyone. Together we can challenge bullying.

**Change starts here.**

**Change starts now.**

**Change starts with us.**

It takes a collective responsibility to stop bullying, we want to spread positive messages addressing the fact that when it comes to bullying **CHANGE STARTS WITH US!**

The aims of anti-bullying week are to help children to understand:

- The aim is to emphasise that we all have a part to play: Change Starts with Us
- That bullying is a behaviour choice
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other both face to face and online