

# Anti-Bullying Week 2026

## Break the Silence

 **BREAK THE  
SILENCE**

#ANTIBULLYINGWEEK



# What Is Bullying?

Let's take a moment to think about what the word bullying means.

**Bullying is hurting  
someone else on  
purpose.**



**This could be hurting  
somebody's feelings or  
their body.**



# What Is Bullying?

**Bullying can happen in lots of different ways.**

Bullying can be hurting someone, such as pushing, hitting, pinching or kicking someone.

such as calling someone names and saying nasty things.



# What Is Bullying?

Sometimes, we may accidentally hurt somebody without meaning to. This is not bullying.

Bullying is when somebody chooses to be unkind to somebody else.

Bullying is often not a one time thing, it is when somebody is being unkind over and over again.



**This week is  
Anti-Bullying Week.**



# Anti-Bullying Week

Anti-Bullying Week happens every year in November. Each year, **Anti-Bullying Week** has a theme.

This year's theme is:

**Break the  
Silence**



During Anti-Bullying Week, we learn about bullying and think about the different ways we can work together to stop bullying.

# Break the Silence

Breaking the silence can help us take positive steps towards stopping bullying.



# Break the Silence

Breaking the silence means we talk about bullying.



# Break the Silence

Breaking the silence means we speak up when we see unkind behaviour.



# Break the Silence

Breaking the silence also includes listening to others.



# Break the Silence

Breaking the silence means we can take action and show kindness and respect to others.



# Break the Silence

Take a moment to think about the things we could do to take action and work together to stop bullying.

We can listen to others.



We can invite others to join in with games.

We can share.

We can use kind words.

We can celebrate the things that make us all special.

We can help others.



We can think about the feelings of others.

# Break the Silence

If we notice unkind behaviour,  
it is important that we speak up.

We can tell a trusted  
adult and ask for help.



# Getting Support

If anything or anyone is making us feel sad or other uncomfortable feelings, it is important to speak to a trusted adult.

**This could include:**

members of our wider family



grandparents



parents or carers



family friends

adults at school



coaches or tutors



people whose job it is to keep us safe

# Reflection

By showing kindness to others, we can make a big difference!



