

Anti-bullying week - 10th-14th of November 2025

A week to raise awareness of bullying and to encourage everyone - children, parents, and teachers to stand against it, promote kindness, and to take practical steps to prevent and respond to it.

Why it matters

- ✓ Encourages young people to use their "Power for Good"
- ✓ Reminds us that everyone has a role in preventing bullying
- ✓ Raises awareness and promotes safer, kinder environments

How you can support at home

- ✓ Talk regularly about friendships, group chats + how people treat each other
- ✓ Model kind, respectful language at home and online
- ✓ Encourage your child to tell a trusted adult early if something feels unkind or unsafe
- ✓ Report concerns to school quickly so we can step in together
- ✓ Celebrate empathy, inclusion and the courage to speak up when something isn't right

This year's theme

"Power for Good"

This year focuses on encouraging every child and young person to choose their influence wisely - using their voice, their behaviour and their actions to stand up for kindness and stop bullying in its tracks.

At a glance checklist

- ✓ Spot signs of bullying early
- ✓ Talk openly with your child
- ✓ Encourage kindness and empathy
- ✓ Report issues to school promptly
- ✓ Support positive online behaviour

Useful resources

YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)

Family Lives: www.familylives.org.uk/advice/bullying/

NSPCC: www.nspcc.org.uk/keeping-children-safe/online-safety/bullying/