Tute EDUCATION

ANTI-BULLYING ALLIANCE

Anti-Bullying week

16th-20th November

In today's world, bullying can happen in new and more complex ways.

It happens face to face, online, and through new technologies. And in a world that can feel more divided and less kind, young people feel the impact.

BUT WE CAN CHANGE THAT.

When people come together, speak openly, and choose kindness, bullying loses its power.

Every conversation, every act of support, and every voice raised against bullying makes a difference.



Anti-Bullying week will kick off with

ODD SOCKS DAY

ON MONDAY 16TH NOVEMBER

with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.

BREAK THE SILENCE

#ANTIBULLYINGWEEK

OUR ANTI-BULLYING WEEK PLEDGE

- When we see something wrong, we won't ignore it
- When someone needs support, we will help them find it.
- When we are worried, we will speak to someone we trust. Together, we will break the silence.

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WHAT DOES IT MEAN TO BREAK THE SILENCE?

Bullying isn't always easy to recognise or talk about.

It can happen face to face, through friendships, in group chats, on social media or through other online interactions.

You might notice your child:

- **Becoming quieter, withdrawn or reluctant to talk about their day.**
- **Feeling anxious or upset before lessons or social activities.**
- **Losing confidence or becoming less interested in things they usually enjoy.**
- **Spending more time alone or avoiding certain people.**
- **Becoming upset after using their phone or going online.**

These changes don't automatically mean bullying is taking place, but they can be a reason to check in and gently ask how things are going.

How can parents and carers help?

- **Listen without judgement:** *Give your child time to explain what's happening without feeling rushed.*
- **Take concerns seriously:** *Even if something seems small, it may feel very significant to them.*
- **Encourage them to speak up:** *Reassure them that asking for help is never getting someone into trouble.*
- **Talk about online behaviour:** *Remind young people that kindness and respect matter just as much online as they do face to face.*
- **Celebrate differences:** *Help children understand that being different is something to value, not something to criticise.*

This Anti-Bullying Week, let's encourage our children to find their voices, look out for one another and remember that nobody should feel they have to face bullying alone.

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Need to talk something through?

If you're concerned about your child's wellbeing, friendships or experiences online, please get in touch with our Parent Support Team.

We're here to listen and help you explore the support available

Email: parentsupport@tute.com or call: 01244 668109

For further advice and guidance about bullying, recognising the signs and supporting your child, visit the Anti-Bullying Alliance website.

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Together, let's Break the Silence and make kindness count.