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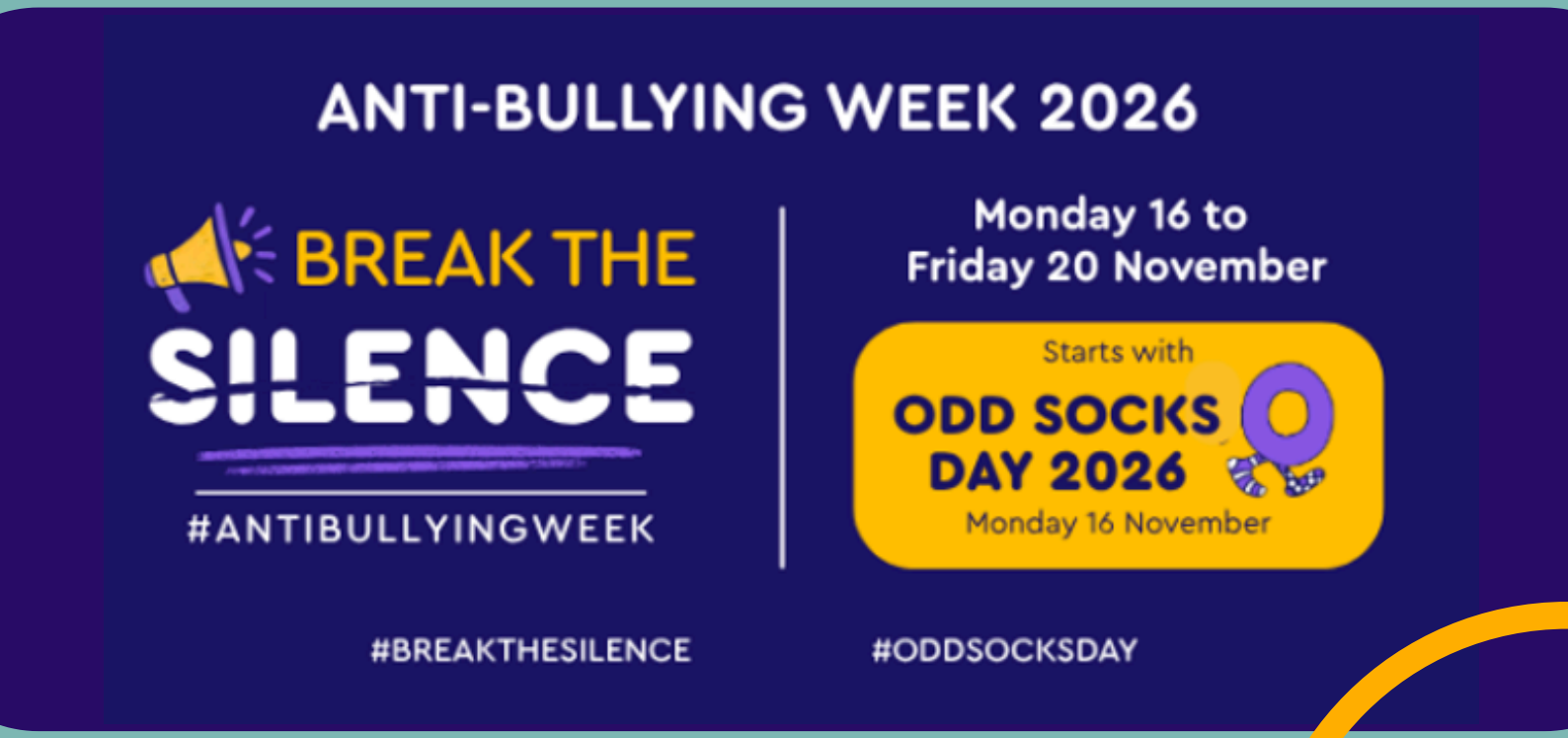
ANTI-BULLYING WEEK

Resource Pack 2026

BREAK THE SILENCE

Monday 16th - Friday 20th November



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BREAK THE SILENCE

WHAT'S IN THIS PACK?

ACTIVITY 1: WHAT DOES IT MEAN TO 'BREAK THE SILENCE'?

P3. INTRO - BREAKING THE SILENCE AND ITS CHALLENGES

ACTIVITY 2: WE'RE ALL DIFFERENT!

P4. CELEBRATE UNIQUENESS WITH A GAME OF PERSON BINGO!

ACTIVITY 3: UPSTANDER ROLEPLAY

P6. PRACTISE RESPONDING IF YOU SEE SOMEONE BEING BULLIED

ACTIVITY 4: HELPING HAND

P8. WHO ARE THE TRUSTED ADULTS YOU CAN GO TO TO BREAK THE SILENCE ABOUT BULLYING?

ACTIVITY 5: WHEN YOU CAN'T FIND THE WORDS

P9. CREATIVE WAYS TO BREAK THE SILENCE BESIDES TALKING

ACTIVITY 6: WORDSEARCH

P11. FIND AND DISCUSS WORDS ABOUT BREAKING THE SILENCE

TOP TIPS FOR TEACHERS

P13. SUGGESTED WAYS FOR ADULTS TO USE THIS PACK

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ACTIVITY 1: WHAT DOES IT MEAN TO 'BREAK THE SILENCE'?

BULLYING IS WHEN ONE PERSON OR GROUP HURTS ANOTHER PERSON OR GROUP REPEATEDLY AND ON PURPOSE.

BULLYING CAN BE THROUGH ACTIONS OR WORDS, IN PERSON OR ONLINE.

WE ASKED YOUNG PEOPLE IN BRIGHTON & HOVE:

What might make it difficult for someone to break the silence on bullying?

THEY SAID...

- *They might not be believed, that feels really bad*
- *They think they might get in trouble themselves*
- *They might not know It's okay not to get involved, and let the teachers handle it*



STOP, THINK, GO!

STOP! – Breathe.. What's happening? How are you feeling in your body?

THINK – What could you do next?

GO! – Time to act! Make a safe choice and try out your solution.

ACTIVITY: ANSWER THESE QUESTIONS IN A BIG CLASS MIND MAP!

- What does 'Breaking the Silence' about bullying make you think or feel?
- What might stop you from breaking the silence about bullying?



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ACTIVITY 2: WE'RE ALL DIFFERENT... AND THAT'S A GOOD THING!



We can notice and celebrate what makes us all unique.

We all have different perspectives,challenges and stengths!

We might find something unusual if someone has a different background or experiences to our own.
It's okay to respectfully ask questions. Show interest and listen – you might learn something and get to know them better!

When we accept and celebrate everyone's differences, people feel happy and comfortable being themselves and contributing to the community.

INSTRUCTIONS

- Take a bingo sheet (below) and move around the classroom individually or in pairs
- Find someone who matches one of the descriptions in the boxes
- Repeat this until you have filled out all boxes. Make sure you write a different name in each box!

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Speaks another language	Has a sister	Has the same hobby as you	Wears glasses
Has curly hair	Has a religion	Can play a musical instrument	Has broken a bone
Goes to a sports club	Likes to read	Has family in a different country	Is left-handed

Speaks another language	Has a sister	Has the same hobby as you	Wears glasses
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ACTIVITY 3:
BE A GOOD UPSTANDER

A BYSTANDER...
is someone who stays silent when someone is being bullied

AN UPSTANDER...
is someone who breaks the silence when someone is being bullied

TOP TIPS FOR BEING A GOOD UPSTANDER (YOU CAN USE THESE FOR THE ROLEPLAY ACTIVITY!)

Cause a distraction – ask the person being bullied to help you with something, or move away with them



Calmly tell the bully/bullies to stop (if you feel able to)

Invite the person being bullied to join you and your friends

Ask the person being bullied if they are okay

Check on the person later, and help them to report what's happening

Ask a trusted adult for help (like a teacher or parent)



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ACTIVITY 3: ROLEPLAY
HOW TO BE A GOOD UPSTANDER



Read these scenarios, then act out what happens next. Come back together with your class and discuss your choices.

In the playground at break time, you hear someone using mean names about your classmate who has a disability.

One of your classmates is making fun of another classmate because they have a birthmark on their face.

Your classmate has been excluded by her friendship group chat online. She now spends a lot of her time alone and looks very sad.

During lunch break, you notice some students making fun of your classmate's accent and surname

Your classmate is being picked on by a group of children because he is part of a dance club, but the bullies say dancing is just for girls

ACTIVITY 4: HELPING HAND

Talking about bullying causes it to lose its power!

If you or someone who know is being bullied, speak to a trusted adult so that they can help.

A trusted adult is someone over 18 yrs who trust to listen and help you.

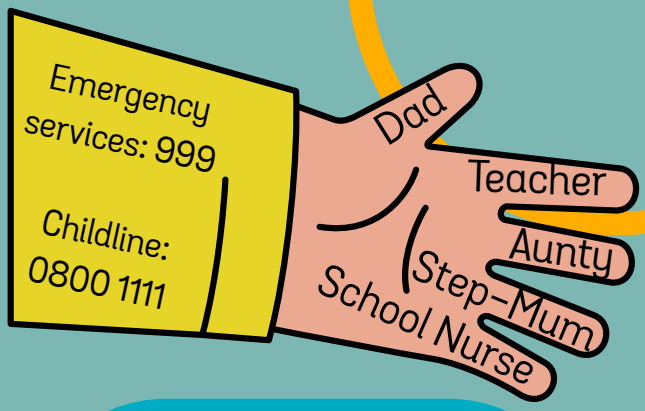
It is useful to choose more than one trusted adult to form your support network.



Have these numbers up your sleeve in case of an emergency!

- 999 (Emergency services)
- 0800 1111 (Childline)

For example...



Instructions:

1. Draw around your hand on a piece of plain paper
2. Think about who your trusted adults are
3. Write the name of one trusted adult on each finger of your hand outline
4. Write the emergency numbers on the sleeve

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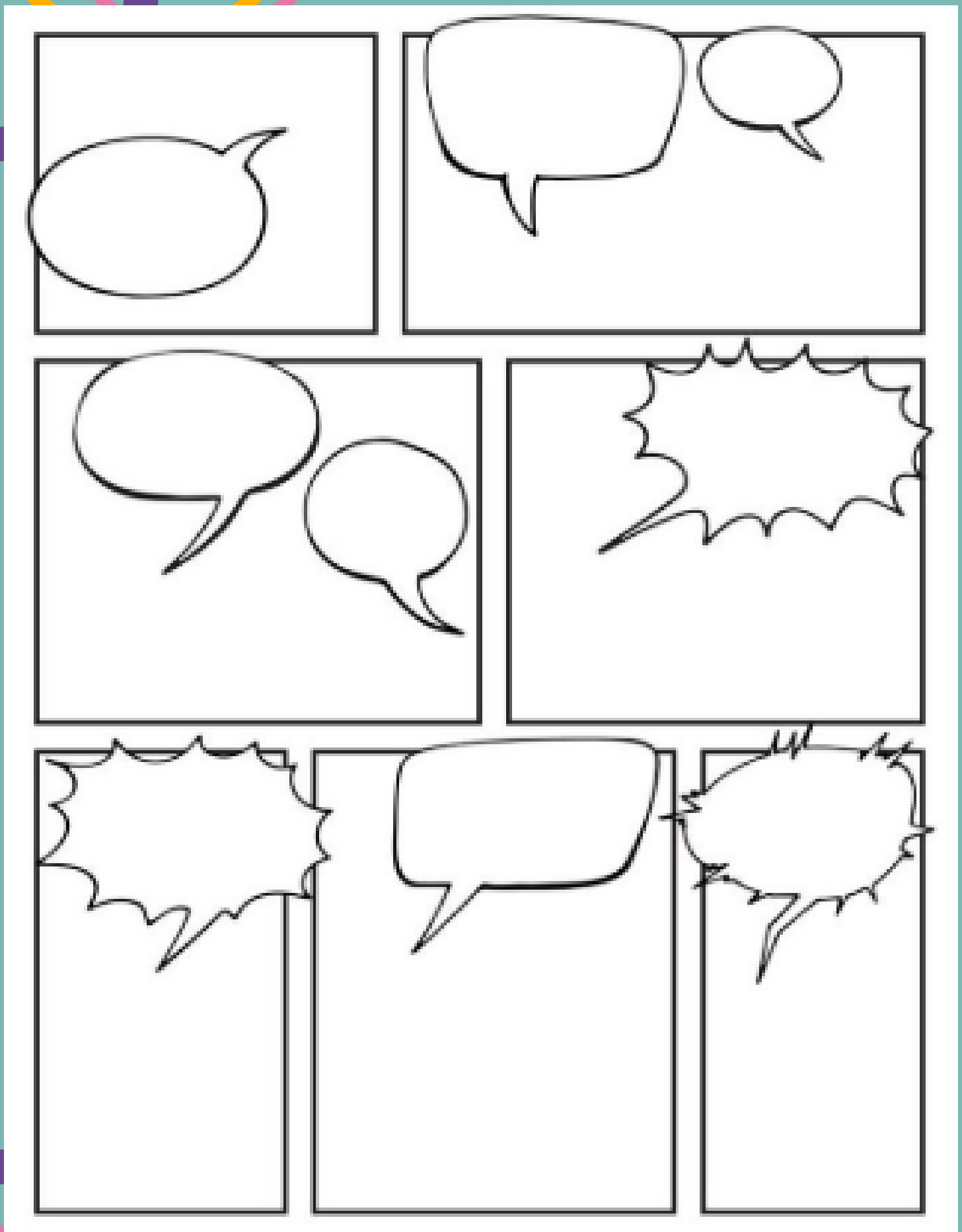
ACTIVITY 5:
BREAKING THE SILENCE
WHEN YOU CAN'T FIND THE WORDS

Sometimes you might want to tell a trusted adult about bullying, but struggle to find the words...

Use this activity to explore alternative ways you can get the message out there about bullying, even when talking is hard.

Choose one of the options below (or an idea of your own) to describe a time you experienced or witnessed bullying.
What happened? How did it make you feel?
What did you do?

- Draw a picture
- Create a comic strip (template on next page)
- Write a piece of creative writing
- Create a text message conversation
- Draw a mindmap



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ACTIVITY 6: WORDSEARCH

Can you find these 'Break the Silence' themed words in the wordsearch below:

ACTION
ADVICE
BELONGING
BYSTANDER
CHANGE
FEELINGS
INCLUSION
KINDNESS
LISTEN
POSITIVE
SUPPORT
TRUST

Anti-Bullying Week Word Search

G N O C D G N I G N O L E B O
G E G N O I S U L C N I L N S
P F I U E S S A D I I O U I A
O D E N K I N D N E S S E G H
S A N F I E V V N L E S O C I
I F N S C U U I D E S D R T G
T C I N O U R C S S S R P N O
I R S G N I L E E F S T N Q T
V K B R D E U Q I N U G I L I
E I O I G N I I T A C T I O N
I A S N N N K G R K S U S S C
E G T S G G H S U P P O R T S
I C C G N T L I S T E N T S D
I P E C E B Y S T A N D E R T
U E C E G N A H C U T E I E G

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ACTIVITY 6: WORD SEARCH ANSWERS

Anti-Bullying Week Word Search



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TOP TIPS FOR ADULTS

WHAT IS BREAKING THE SILENCE?

- Encourage children to explore their understanding of bullying, reflect on feelings and what options they have to manage the situation.
- Be sensitive that some children will have experienced bullying and these activities may feel difficult for them.

WE'RE ALL DIFFERENT... AND THAT'S A GOOD THING!

- Framing our unique characteristics in a positive light, and establishing common ground.
- Encourage appropriate and respectful language

BE AN UPSTANDER

- Remember to emphasie that we are not acting out the bullying part, just the upstander 'what happens next' part. If preferable, groups could discuss what they would do instead of acting it out.

HELPING HAND

- This activity helps children reflect on their support network.
- Remind them who they can report bullying to at school

WHEN YOU CAN'T FIND THE WORDS

- Clarify the limits of confidentiality if their scenario is real.
- The focus of this activity should be on finding ways to communicate, not re-experiencing past events.

WORD SEARCH

- Ask about the children's understanding of the words they need to find.

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HAVE YOUR SAY!

We value your thoughts on this pack and would welcome any feedback

Email: safetynet@impact-initiatives.org.uk

Safety Net is part of Impact Initiatives. We work with children and young people in schools across Brighton and Hove to help them develop self-confidence, resilience and coping skills.

To find out more, visit
https://impact-initiatives.org.uk/services/safety-net/

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