

Bullies  Out[®]

REACH

 OUT



Introduction

Bullying behaviour affects millions of lives and can leave a person feeling devastated. But it doesn't have to be this way. **If we challenge it, we can change it.** And it starts by **Reaching Out**.

Reaching Out is the theme for this year's Anti-Bullying week and whether at school, home, in the community or online, reaching out for support or to give support to others is so important.

From teachers to parents and influencers to politicians, we all have a responsibility to help each other **Reach Out**. Together, we can be the change we want to see, reflect on our own behaviour, set positive examples, and create kinder communities. We need to bring more kindness into the world and impact people in a more positive and uplifting way. Spreading a ripple of kindness begins with each and every one of us and will help make the world a better place.

Reaching Out takes courage but it can and does change lives. So, this Anti-Bullying week, let's all work together to Reach Out to stop bullying behaviour.

The activities in this brochure have been designed to help schools celebrate and take part in Anti-Bullying Week 2022.

They are all based around this year's theme '**Reach Out**' and how we can do this not only others, but for ourselves as well.



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Hand of Trust

Lightly decorate the hand and on each of the fingers and thumb, write the names of 5 people you trust and can 'Reach Out' and talk to should you need to.

In the centre of the hand, write down the qualities they all have in common.



With the daily demands in our lives, we may sometimes feel stressed, worried, or even sad. These emotions are commonly experienced by all of us, and we are not alone in facing them. When we feel overwhelmed, we can always Reach Out.



Hand of Trust

Teacher Notes:

This is a great activity for children to recognise people they can trust and talk to. The hand activity above can be photocopied and given to each child. Younger children may need some help with cutting it out.

The focus is on ensuring children Reach Out and talk to someone when they are feeling sad, hurt, upset, scared, or just need to talk.

Reaching out to others helps us to connect and allows us to develop friendships and relationships with those we can turn to when we need support and encouragement.

The hands can be taken home or laminated and used to create a display in the classroom.

The children may need some guidance, so we have written some suggestions for the qualities below:

- Caring
- Generous
- Friendly
- Happy
- Nice
- Kind
- Encouraging
- Respectful
- Helpful
- Trustworthy
- Brave
- Funny
- Clever
- Cheerful
- Considerate
- Loyal
- Honest
- Inspiring
- Likeable
- Unique

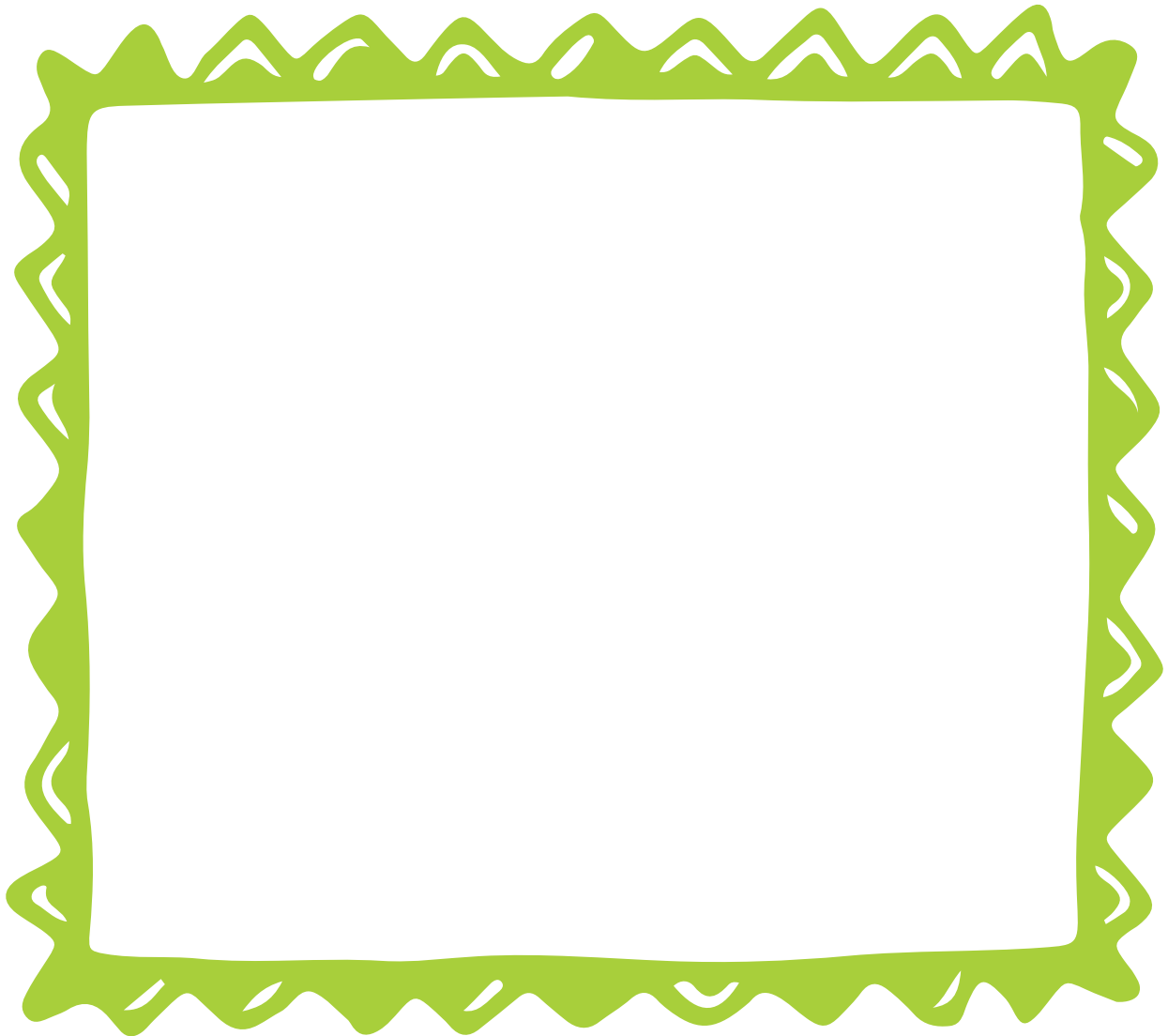
The Reach Out and Make a Difference Pledge

A pledge from each of us in the UK to Reach Out to someone would mean 68, 501, 223 million (UK Population Demographics 2022) people pledging to **Reach Out** to another person. Can you imagine the positive impact this would have on society?

- Will you pledge to Reach Out to someone during Anti-Bullying Week 2022?
- Who will you choose?
- How will you Reach Out to them?

This is my pledge

(write in the box below what you are going to do as your own individual pledge)



The Reach Out and Make a Difference Pledge

Teacher Notes:

The **Reach Out and Make a Difference Pledge** is something children can do individually, or you can set a goal to have a set number of pledges completed in your class by a certain date.

Starting each day with a **Reach Out Pledge** can remind children how important it is to support others.

A pledge can be a simple individual pledge, for example: **'I pledge to listen to someone'** Or a class initiative with their peers such as:

'We pledge to organise a week of events and activities that encourage us all to Reach Out and be there for each other'

Reaching Out, whether for yourself or for to someone else is so important and encouraging children to do this will empower them to do something positive to counter the harm and hurt that bullying behaviour causes.

Reach Out Rainbow

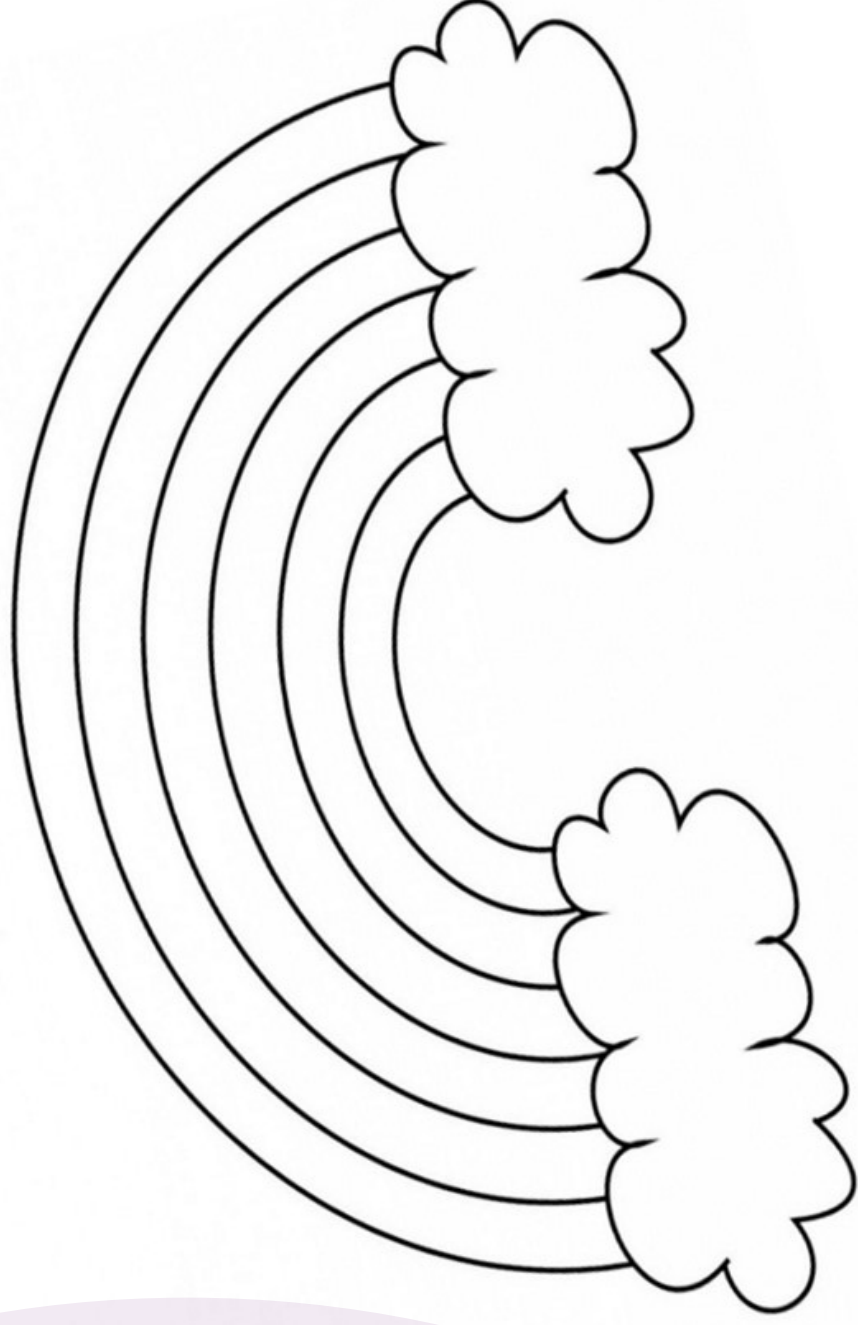
Activity:

While talking to people about how you are feeling can feel uncomfortable, it can help give the support you need. Don't be afraid or ashamed to talk to someone about how you are feeling. Reach Out! There are many people who want to help. It might not feel obvious, and you might not even believe it, but don't give up.

Each time you Reach Out and tell someone how you feel, colour in a segment of your rainbow. Continue Reaching Out and talking until your rainbow is complete and hopefully by then, you will feel so much better.

Talk with Someone You Know and with Whom You Feel Comfortable

Think of the people in your life who have been supportive or with whom you feel comfortable. That person might be a friend, family member, teacher, or your family doctor.



Reach Out Rainbow

Teacher Notes:

It can be hard to **Reach Out** and open up to another about our day, our emotions, and how we feel.

Knowing there is a trustworthy network of people to turn to, a sympathetic ear or the presence of someone we can trust, can help prevent, or at least ease, feelings of isolation, anxiety, and concern. It can help boost self-esteem, confidence, and social skills.

Not everyone finds talking easy and for many, reaching out for support is overwhelming so they don't do it so we have created the **Reach Out** Rainbow to try and empower children to Reach Out and speak to someone should they be feeling sad, hurt, lonely or angry.

The children may need some guidance, so we have written some suggestions below:

- Parent
- Brother/Sister
- Grandparent
- Teacher
- Friend
- Doctor

Each time they **Reach Out** and tell someone how they feel, ask them to colour in a segment of their rainbow. Encourage them to continue **Reaching Out** and talking until their rainbow is complete and hopefully by then, they will feel so much better.



Other things you can do for Anti-Bullying Week 2022

- If you want to shine more of a spotlight on bullying behaviour, please look at our [workshops and training programmes](#) - all of which cover a range of anti-bullying themes.
- Display our Reach Out posters around your school. We also have [Anti-Bullying and Kindness posters](#) available, and these can be downloaded from our website or purchased from our [online shop](#).
- Show one of our [anti-bullying videos](#) during your class or assembly.
- You can purchase a range of our fantastic merchandise, including wristbands, badges, pens, and lanyards from our [online shop](#). We have some school packs available but to purchase large quantities, please contact us.
- You can share our [Information Brochure for Parents](#) with the parents and carers of the children in your school.
- We have [CPD Certified training](#) for Educators and training for Parents on topics such as E-Safety and Understanding and Exploring Bullying.
- BulliesOut is not government funded so we continually raise funds to keep our charity going. If you can [fundraise for us](#), we would really appreciate it as it would help make a big difference to us. You could hold a Go Purple event at your school (details are on our website) or look at our Fundraising Brochure for Schools for more ideas.

Award winning charity BulliesOut, founded in 2006, is one of the UK's only charities dedicated to anti-bullying. Our work is delivered across the UK and each year, through our work we provide anti-bullying workshops, training, youth engagement programmes, mentoring and counselling support to approximately 10,000 people.

Our mission is simple - to support individuals, schools, youth and community settings and the workplace through positive and innovative anti-bullying programmes and to empower individuals to achieve their full potential.

Contact Us:

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Bullies  **Out**®

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