

Bullies  Out<sup>®</sup>

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.



## Contents

Map of Support .....	3
Overcoming Barriers .....	6
How Would You Reach Out? .....	8

### Map of Support

It is important for all of us to be able to recognise the different relationships in our lives so that we can **Reach Out** at times when we need to.

This activity is about creating your own Map of Support.

Put yourself in the centre circle and then write the names of the people or organisations who are, or could be, part of your support system. This will remind you of all the people who you can **Reach Out** to for support at particular times in life.

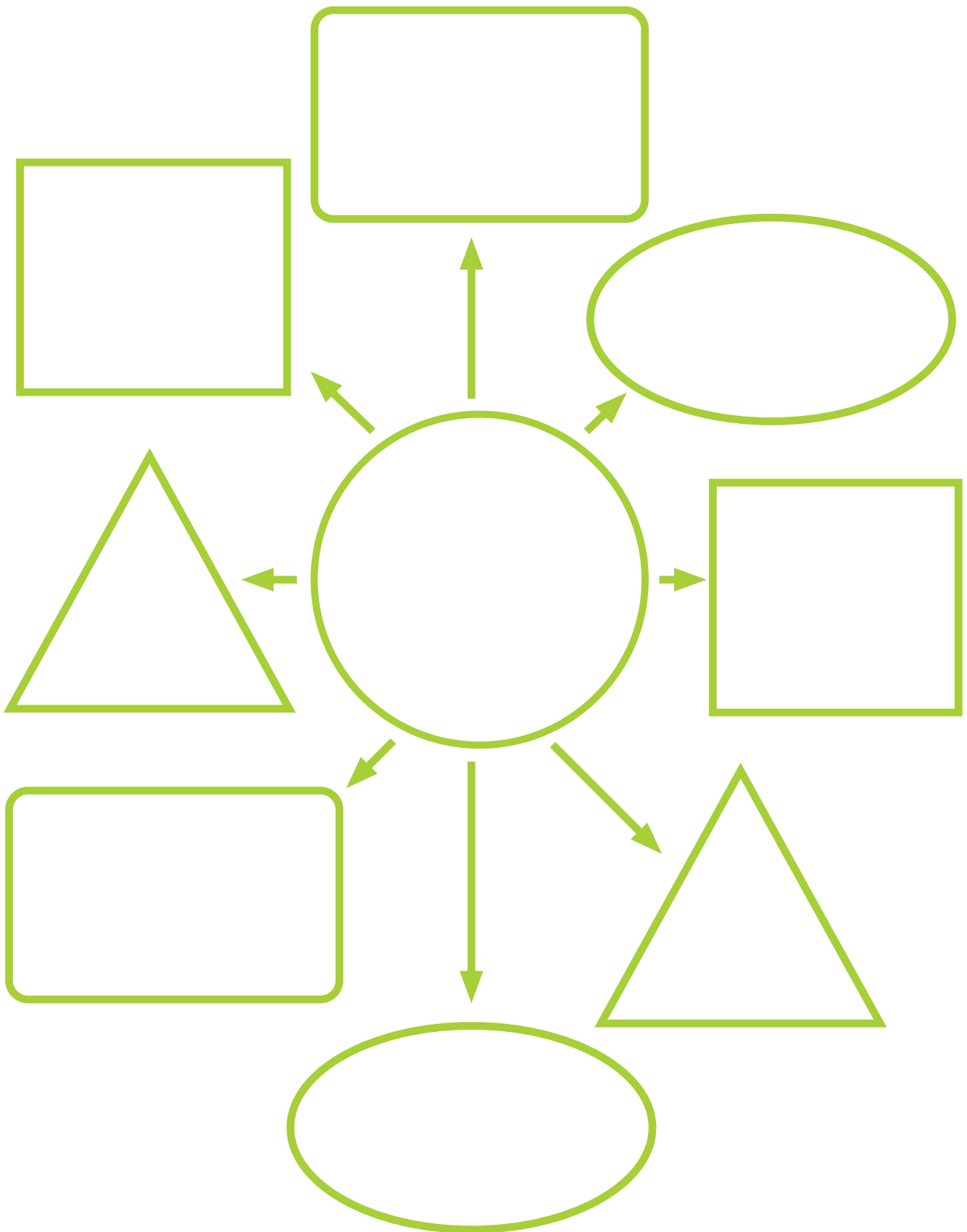
Examples of people or organisations you may wish to include in your Map of Support:

- Parents
- Brothers or Sisters
- Grandparents
- Other family members
- Close friends
- A teacher you trust
- A group you belong to
- Your classmates
- A youth centre
- A church or other place of worship
- A helpline

You can add additional shapes if needed!



# My Map of Support



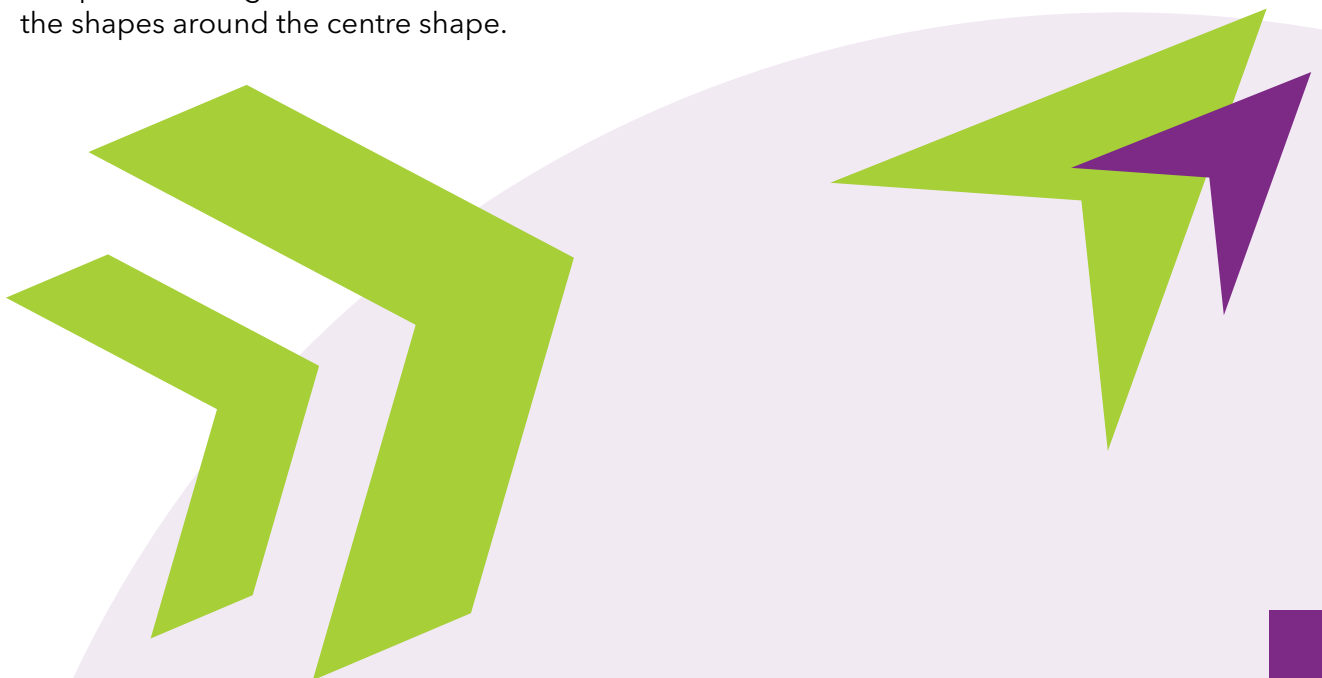
# Map of Support

### Teacher Notes:

The purpose of this activity is to identify supportive people and organisations that young people can **Reach Out** to in times of need, to seek help with issues they may be experiencing or emotions they may be feeling.

1. Explain to the young people that they will be creating their own Map of Support. Discuss the idea of a support system and ask the young people time to read through the activity sheet.
2. Encourage the young people to write their name or draw an image of themselves in the centre shape of the Map of Support.
3. Encourage the young people to think of different scenarios that they may encounter in their life and who they would turn to for support at that time. Ask them to write the name of that person or organisation in one of the shapes around the centre shape.
4. Invite the young people to fill out as many of the shapes as possible (and add more if they wish to) to complete their Map of Support.
5. Discuss with the group how sometimes it can be difficult to **Reach Out** and ask for support but assure them that it is a sign of strength (and not a weakness) to ask for support when needed.

Encourage the young people to keep their Map of Support to hand so if they are struggling with anything in the future, they can remind themselves of their support system and **Reach Out** for help.



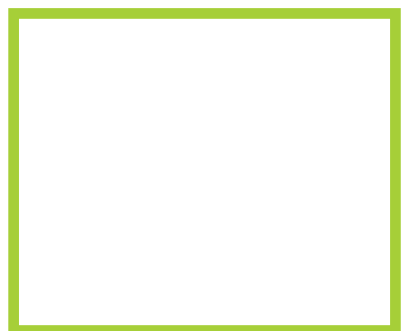
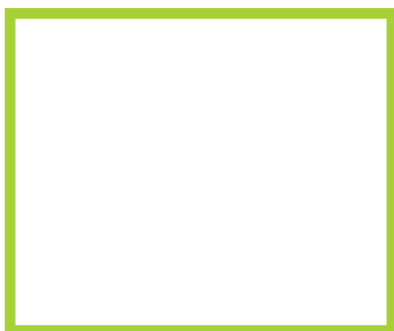
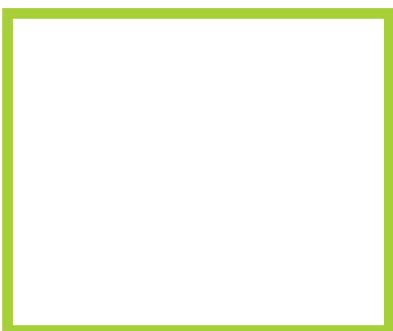
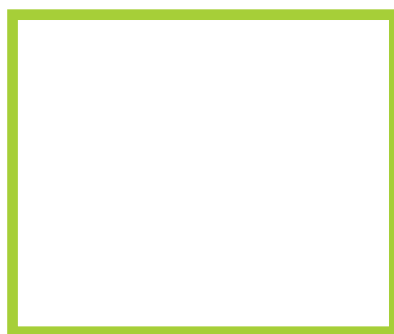
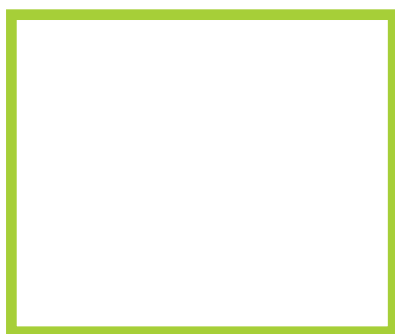
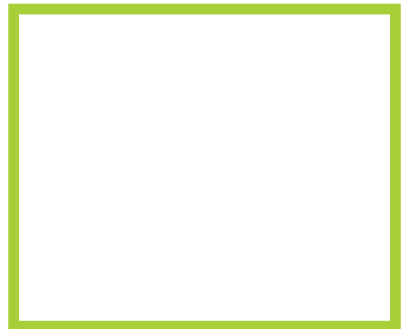
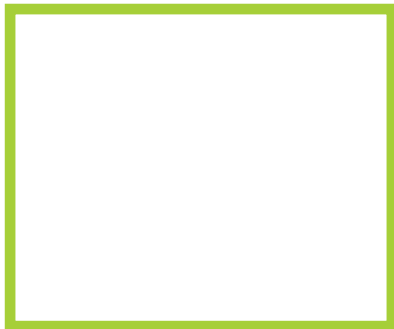
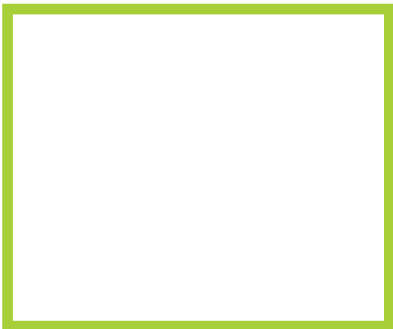
# Overcoming Barriers

Sometimes, things can feel like a barrier to our emotional wellbeing, and this can affect our learning, friendships, moods and more. It can feel like coming up against a brick wall.

Many people can find it difficult to Reach Out for support, even when they know they need it. Why do you think this is? What stops us from speaking to someone?

Think about the barriers that might stop people from Reaching Out - things that can be a barrier to a person's emotional wellbeing and cause them to feel like they are coming up against a brick wall and write some of them in the 'bricks' below.

Add more 'bricks' if needed.



# Overcoming Barriers

### Teacher Notes:

The purpose of this activity is to enable young people to recognise that there are often barriers which prevent people being able to **Reach Out** – either at all or as easily as they may want.

Encourage the young people to think through several situations where someone may be experiencing or have experienced difficulties that left them feeling they had come up against a 'brick wall' emotionally. Ask them to consider what things may present themselves as barriers to them being able to **Reach Out** for any help and support they may need.

They may not want to discuss the issues as a group, so encourage them to write them down on their activity sheets.

If they are open to thought and discussion, some ideas to discuss are:

- Shame or embarrassment
- Fear of not being believed
- Not knowing what to say
- Not feeling they have anyone to turn to (refer them back to their Map of Support)
- Not wanting to cause worry or concern to other people

- Other things may be going on that they don't feel they want to add to
- The person they may want to tell may appear to be going through things themselves
- Feeling they don't deserve help or support
- Waiting for someone to notice they need support

Encourage discussion within the group to share some of their thoughts and ideas around barriers to being able to **Reach Out**. Look for themes within the discussions and encourage the young people to identify ways in which they can look at breaking down or removing some of the barriers they have identified.

Encourage all the young people to accept that whilst they may see and have identified barriers in front of them, to also work to explore some strategies in which they can remove those barriers and enable them to **Reach Out** when needed.

## How would you Reach Out?

A lot of the time we are all busy people - juggling school, homework, outside activities and spending time with family and friends. In fact, we can be so busy that it can sometimes impact on other areas of our lives.

For example:

- We may not regularly sit down to dinner with our family
- We're constantly trying to meet others' expectations
- We're not 'present' - always looking at our mobile screens when with others
- We may feel exhausted all the time
- We struggle to focus
- We may feel lonely and/or unhappy and dread getting up in the morning
- People tell us we're 'moody' or seem a bit 'low'

If you or anyone you know identify with any of the points on this list, STOP and take some time to **Reach Out**.

Think about the people in your life - is anyone displaying any behaviours that could indicate that they are going through a difficult time? How can you **Reach Out** to them and let them know you are there if they need anything?



Write down what you would do or say to this person in your life and how you would **Reach Out** to them. What words would you use and how would you contact them - text, social media, writing them a card or a message, sending them an email:

A large, hand-drawn purple speech bubble outline, intended for writing a response to the prompt above. It has a wide, rounded top and a pointed bottom.

Now imagine it is you who is having a difficult time. What do you need from the people around you? Are you able to **Reach Out** and ask for support? How would you **Reach Out** and who to? What would you say?

A large, hand-drawn purple speech bubble outline, intended for writing a response to the prompt above. It has a wide, rounded top and a pointed bottom.

# How would you Reach Out?

### Teacher Notes:

This activity is to encourage young people to be able to recognise changes in behaviour which may mean that someone in their life might need support. It also encourages them to recognise and identify when they may need support.

Through the activity, they can consider the different ways in which they may choose to **Reach Out** to others who need support and, how they can **Reach Out** and ask for support for themselves.

1. Encourage the young people to consider a situation where someone they know is struggling with something. It doesn't have to be anything major - it could be that they are struggling with a certain piece of homework or a certain subject at school and don't know how to express that and **Reach Out** for support.
2. Invite the young people to think about what they would say and the different ways in which they may choose to **Reach Out** to that person. Ask them to consider different ways they may choose to **Reach Out** that might depend on the situation.
3. Once they have done this, ask the young people to consider themselves in a difficult situation where they may need support.
4. Ask the young people to think about how they may choose to **Reach Out** to others - who would it be and what would they say? What type of words and language would they use? Do they think they would be okay to ask for help and support? Are there some situations where they may find it more difficult?

Nobody knows better than children and young people what their lives are really like. Children and young people don't always feel comfortable speaking out, especially if they've had difficult experiences in the past.

Empowering them to **Reach Out** and make sure their voice is heard in a way that feels safe to them, and in a way that helps them feel stronger, will enable them to receive the support they need to recover when they face challenges in their lives.

## 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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[www.bulliesout.com](http://www.bulliesout.com)

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