ANTI-BULLYING WEEK 2026

Break the Silence

Whole-school spoken word competition



Every tutor group. One voice.

Entries due by 3pm, Thursday 3rd December

Whole-school spoken word competition



Anti-Bullying Week theme

Break the Silence

Use your voice. Write a spoken word piece that speaks out about bullying.

One entry per tutor group

Every tutor group submits one spoken word entry.

No longer than one A4 side

Entries must be typed up.

Send it to Mrs Z Drysdale

Woolwich Poly Girls

Deadline: 3pm, Thursday 3rd December

Your tutor will help your group plan and agree its entry.

Getting started

What is spoken word? Poetry written to be performed out loud. It can rhyme or not – what matters is rhythm, honesty and powerful words.

Why do people stay silent?

Fear, embarrassment, not wanting to make it worse

What does speaking up sound like?

For yourself, or for someone else

What would you say to someone being bullied?

Words of support, hope or solidarity

What could our school sound like?

A place where everyone is heard and belongs

Brainstorm together, pick the strongest lines, then type up one piece for your tutor group.