ANTI-BULLYING WEEK 2026

Break the Silence

Every conversation about bullying matters

Monday 16 – Friday 20
November 2026

Odd Socks Day
Monday 16 November

#AntiBullyingWeek #OddSocksDay

Anti-Bullying Week 2026 – Break the Silence

16 November 2026

READ NOW:

- Millions of young people experience bullying every year – and **many stay silent** about it.
- Silence lets bullying grow. It makes people feel alone, and it means adults can't step in to help.
- This Anti-Bullying Week, we are asking everyone to **Break the Silence**: start conversations about bullying, **speak up**, **listen** and **act together**.
- Breaking the silence is not "snitching". It is how we keep each other safe – in school, on the way home and online.
- Together, we can make sure no one at our school feels they have to deal with bullying on their own.

Did you know?

2002

the year Anti-Bullying Week started – it now runs every November across England, Wales and Northern Ireland

8 million

children and young people reached every year, in over 80% of UK schools

1 in 5+

children and young people say they are bullied each year

200+

young people helped shape this year's theme, 'Break the Silence'

Source: Anti-Bullying Alliance. 93% of young people surveyed say Anti-Bullying Week helps raise awareness of bullying.

What is bullying?

Bullying is the **repetitive**, **intentional** hurting of one person or group by another, where there is an **imbalance of power**. It can happen face to face or online.

Physical

Hitting, pushing, tripping, taking or damaging belongings

Verbal

Name-calling, insults, threats, offensive “jokes” or comments

Social

Leaving people out, spreading rumours, turning others against someone

Online

Hurtful messages, group-chat exclusion, sharing images or posts without consent

Falling out or a one-off argument is not always bullying – but it still matters, and you can still ask for help.

Our school: zero tolerance of bullying

Bullying is never acceptable here.

Not in lessons, corridors or on the way home – and not online.

Every report is taken seriously

We listen to you, and we always follow it up.

We investigate and act

There are clear consequences for bullying behaviour, in line with our anti-bullying and behaviour policies.

Everyone is supported

Support for the person being bullied – and help for those involved to change their behaviour.

No excuses

“It was just banter” or “it was only online” does not make bullying OK.

Break the silence: how to report it

Tell a trusted adult

Your form tutor, Head of Year, any teacher or member of staff. You can bring a friend with you.

Pastoral & safeguarding team

Our pastoral team and Designated Safeguarding Lead are here to help – any day, any time.

Tell someone at home

A parent, carer or family member can contact the school on your behalf.

Outside school

Childline: 0800 1111 or childline.org.uk – free, confidential, 24/7.

Happening online? Screenshot it, don't reply, block the account, report it on the app – and then tell an adult in school.

Seen it happen to someone else? You can report that too.

If you see it: be an upstander, not a bystander

1. 

Notice it

Don’t look away or pretend it isn’t happening.

2. 

Don’t join in

Don’t laugh, like, share or forward hurtful posts.

3. 

Check in

Ask if they’re OK. Let them know they’re not alone.

4. 

Speak up

Tell a member of staff – even if it isn’t happening to you.



Think about it

If you were being bullied, what would you want the people around you to do?

Whole-school spoken word competition



This week's 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.

Every conversation about bullying matters

This week, and every week, I will…



Speak up



Listen



Act together

Worried about bullying? Talk to any adult in school today.

Childline: 0800 1111 | childline.org.uk