



# Anti-Bullying Week

## Information pack

The theme for this year is 'Reach Out'. Whether it's in school, at home, in the community or online, you can reach out and support one another. Reach out to someone you trust if you need to talk, or someone you know is being bullied.

### How to get involved

#### Monday 14th November - Odd socks day

Odd Socks Day takes place on the first day of Anti-Bullying Week. It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique! You can take part at school or work. Find out more [here](#).



### Parent and Carer Information

Anti-Bullying Alliance have teamed up with Kidscape to develop a tool for parents and carers to help them support their children. The resources provide parents and carers with information about bullying, tips about what to do if you're worried about bullying, and the tools to help you talk to your children about bullying. Download the Parent Pack [here](#).

### School Resources

School resources have been developed by the Anti-Bullying Alliance to promote the 'Reach Out' theme within primary and secondary schools. Schools can download a ['School Pack'](#), which includes, lesson plans, an assembly, cross-curricular activities, school posters, school films and more.



## Information for pupils & families

### Services

#### Kidscape

Kidscape provide practical support, training, and advice to challenge bullying and protect young lives.



#### Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

#### Relate

Counselling service for young people.

#### Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

### Websites

[www.mind.org.uk](http://www.mind.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted) (For self help books)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

[www.themix.org.uk](http://www.themix.org.uk)

[www.annafreud.org](http://www.annafreud.org)

[www.rcpsych.ac.uk/mental-health/parents-and-young-people](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people)

### Apps

[SAM: Self-help for Anxiety Management Headspace](#)



**C4H**

### Confidential support via text

Young people aged 11-19 (or up to 25 with SEND) can text a school nurse for support via ChatHealth. The nurse can provide support with a range of topics, including emotional wellbeing, and can refer onwards to specialist services where required.



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