

Our actions and words are powerful. They can change our minds, our thoughts, our feelings. Be it online, emotional, physical – bullying affects us all

But change has to start somewhere

**Kindness** is respect, support, unity

**Kindness** is including someone, **kindness** is beautiful

All it takes is...

‘One Kind Word’

**Kindness** means something

It can change someone’s perspective

It can change the course of a conversation

It can change a person’s day

It can break the cycle of bullying

Best of all, **one kind word** leads to another



‘RESPECT’

Yourself  
Others  
Your School

ANTI-BULLYING  
ALLIANCE

ONE  
KIND  
WORD

#ANTIBULLYINGWEEK