

Bullying affects millions of lives and can leave us feeling hopeless

But if we challenge it

We can change it

And it starts by reaching out

It doesn't stop with young people
From teachers to parents to influencers to politicians
We all have our part to play



This **ANTI-BULLYING WEEK**
let's come together and reach out
to stop bullying...



Reach out to someone you trust if you need to talk
Reach out to someone if you know they're being bullied
Reach out by being the change you want to see

So this anti-bullying week let's come together and reach out to stop bullying
It takes courage – but **you** can change lives so **REACH OUT**