

Face to face or on the phone
Bullying makes you feel alone



Staying silent, is it wise?
Do you know the impact it has on our lives?

Going home wondering what it could have been
Was it banter? or was it bullying?

Of course we won't like everyone
We don't always agree
But we can choose respect and unity

And just because it is, doesn't mean it has to be
A place of bullying or negativity.

Consider the impact of that DM or text
Think of the repercussions, what will be next?

You could reach out with your helping hand!
Or maybe you could be the one to take a stand?

So let's bring bullying to an end!
Think of the ways you can defend
Let's make some noise, let's hear your voice!



ANTI-BULLYING WEEK 2023

MAKE A
NOISE
ABOUT
BULLYING

 ANTI-BULLYING
ALLIANCE

For more help and information please go to the Anti-Bullying Alliance



<https://anti-bullyingalliance.org.uk/>

Make a noise about bullying, together we can make it stop!