

National Anti-Bullying Week took place in November.

We want to focus our attention on addressing **unkindness**, as promoting kindness is one of our core values.

- Be an upstander not a bystander
- Have due regard for; someone's feelings, wishes or rights
- **Respect** everyone's perspective



SEE

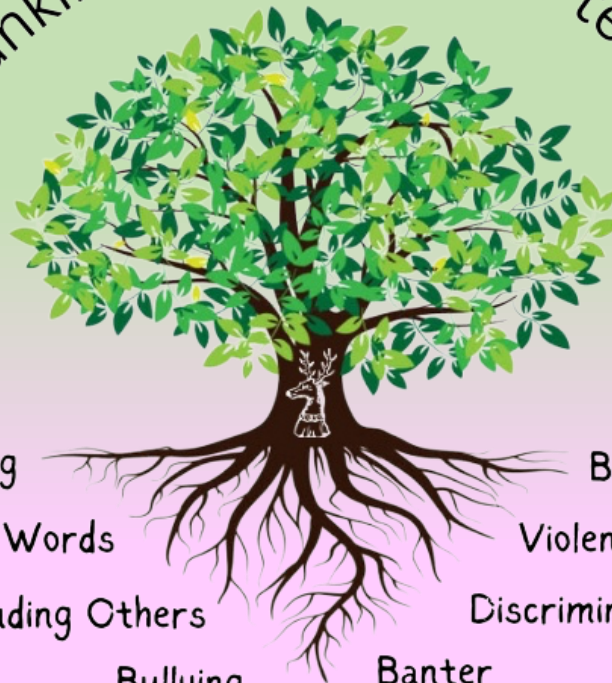


HEAR



ACT

Don't let unkindness take root - tell someone



Gossiping

Hurtful Words

Excluding Others

Bullying

Cyberbullying

Being Unhelpful

Violent Behaviour

Discrimination

Banter

unkindness

ANTI-BULLYING
ALLIANCE

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



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