

# Ideas for Anti-Bullying Week 2011

Hold a 'word dump' assembly where young people can come in with negative words and swap them for a positive one.

'Kind words award'

Sponsored silence for 1 hour to raise awareness of unkind words being hurtful. Use the slogan "if you can't say anything nice, don't say anything at all".

Using drama/role plays to highlight the effect of hurtful words/language.

Create a graffiti wall for everyone in the school community to sign/write a message on.

Create a display with speech bubbles containing positive things

Make a short film about bullying and show to whole school

Write an anti-bullying song

Feelings washing line

'Take a leaf out of someone else's book'. Friendship Tree: Young people write positive messages/pictures about someone else on a leaf and stick it on to a big tree.

"Say something nice today". Print/write nice things to say and laminate and display around the school and playground.

Peace pledge balloons.

Everyone signs a charter or graffiti wall.

A friendship day: "Make a new friend today". Encourage young people to talk to someone they don't usually talk to.

Create a word search with positive words.