



# Anti-Bullying Week

# One Kind Word

**ONE  
KIND  
WORD**

#ANTIBULLYINGWEEK



**ANTI-BULLYING  
ALLIANCE**

# Aim

- To explore how kindness can help to stop bullying and help everyone to feel good on the inside.
- To think about ways that we can show kindness to others.



# What Is Bullying?

## Bullying:



- is when someone intentionally hurts someone else with their words.

and feelings.

**Bullying**  
is not OK!

Bullying behaviours are unacceptable and can have serious effects that last a long time. No one should have to experience them in their lifetime.

- can be in person
- can happen to **anyone**.

# Being Anti-Bullying

**Anti-bullying** means being against bullying and doing all we can to help stop bullying behaviours from happening.

Each year, **Anti-Bullying Week** is held to help people of all ages learn about what bullying is, how it affects people and what we can all do to help make it stop.



This year's  
theme is

## 'One Kind Word'

...and it will explore how kindness can help us all to live happy, healthy and safe lives.



# Being Kind

What does being kind mean?

Being kind means:

giving our  
time to help  
and care for  
others

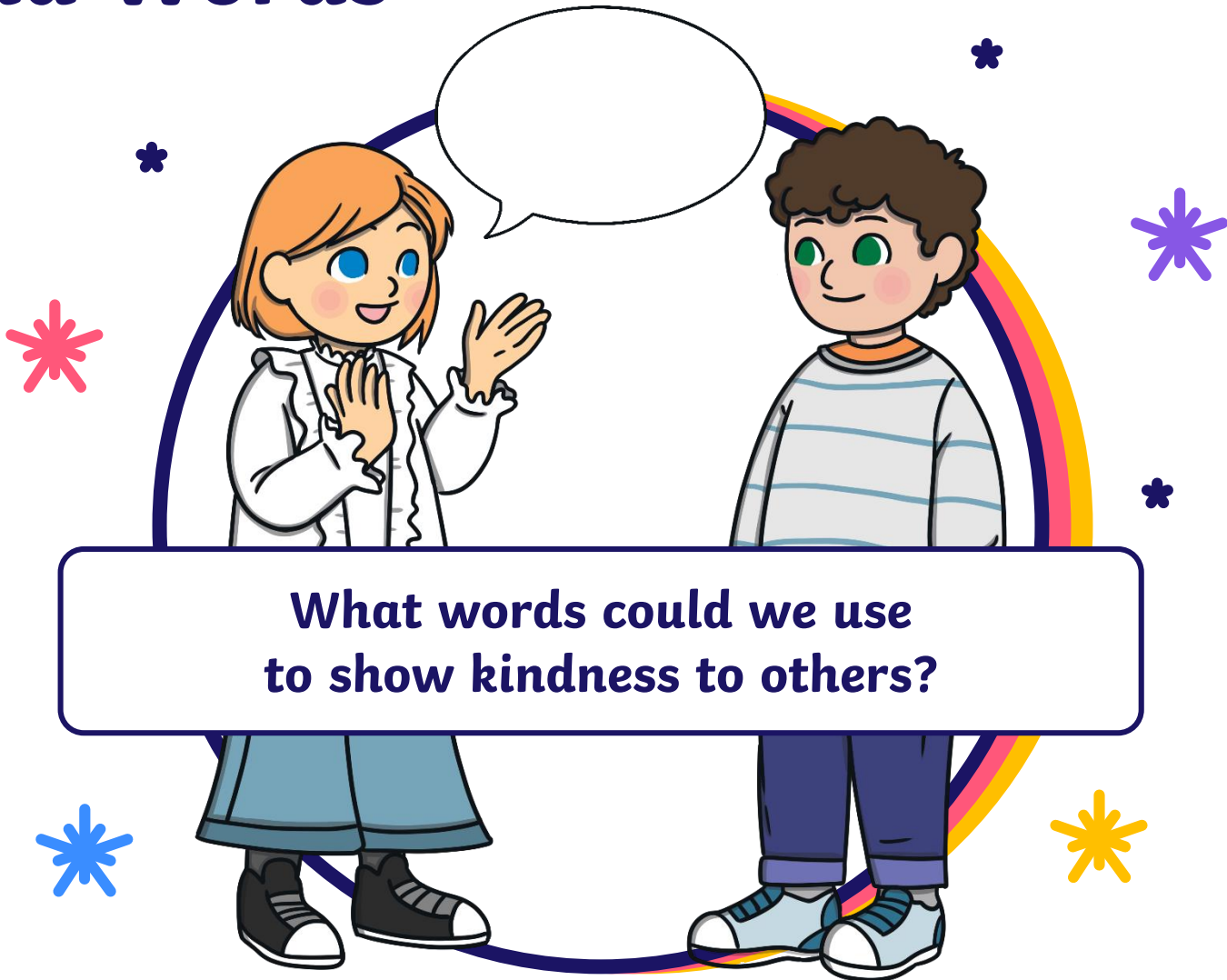
thinking carefully  
about everyone's  
feelings

being friendly,  
warm-hearted  
and  
thoughtful

using words  
and actions to  
treat people with  
respect

Why do you think being kind to others can help to stop bullying?

# Kind Words



**What words could we use  
to show kindness to others?**

# Kind Actions



What different things could we do to show kindness to others?

# Reflection

## Choosing Kindness

We all have the power to choose how we treat others.

How do you feel when you are treated with kindness?

How do you feel when you do something kind for someone else?



It makes us feel good inside when people are kind to us and when we are kind to others. It helps us to feel happy and valued and helps us to live safe and happy lives.

It is important that we treat other people the way we want to be treated. We all have a responsibility to choose to treat all people with kindness.

Even a small amount of kindness can make a big difference.

# Reflection

## Choosing Kindness

Showing kindness to all people, no matter who they are or where they are from, helps to stop bullying and makes the world a better place.

**What act of kindness are you going to do to help all people feel good on the inside and to help stop bullying?**

**Take a moment of quiet to think about this.**

**By doing a little, we can make a big difference!**





---

**Bullying is unacceptable and no one should have to experience it in their lifetime.**

**If you have seen or are experiencing bullying behaviours, tell a trusted adult at home or in school immediately and ask for help in making it stop.**



ANTI-BULLYING  
ALLIANCE