



Hello everyone,

We hope that this term is going well so far and you're managing to enjoy these crisp autumnal days.

With just under **one month to go until Anti-Bullying Week 2019** "Change Starts With Us" we've got everything you need to make sure you can make it happen in your school during the week of **Monday 11th to Friday 15th November**. This newsletter is aimed at making sure you have everything ready that you need to make this year's Anti-Bullying Week the biggest and best one yet!

With best wishes from all of us in the ABA Team



ONE MONTH UNTIL ANTI-BULLYING WEEK!

**ONE
MONTH
TO GO!**

Have you got everything ready that you need for Anti-Bullying Week 2019 "Change Starts With Us"? **IT'S ONLY ONE MONTH AWAY!** Last year we reached 79% of schools in England and this year we want to reach even more, so this year we have more resources than ever before!

- School packs for primary and secondary schools which include lesson plans, assembly plans, short films and cross curricular activities
- Merchandise including wristbands and stickers
- Everything you will need for Odd Socks Day including a school pack, book flyer and a new song from Andy and the Odd Socks!

[READ MORE](#)

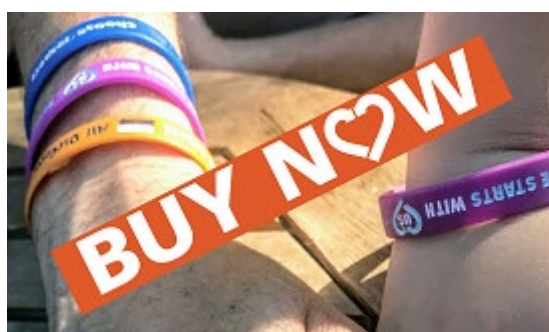
GET EVERYTHING YOU NEED READY FOR ANTI-BULLYING WEEK



School resource packs

The Anti-Bullying Week 2019 "Change Starts With Us" primary and secondary school resource packs include films, lesson plans, assembly plans, cross curricular ideas and tips about online safety.

[READ MORE](#)



Anti-Bullying Week Merchandise

Anti-Bullying Week 2019 "Change Starts With Us" merchandise is available! Go to our online shop now and order your merchandise ASAP – last year we sold out before Anti-Bullying Week. We have wristbands, stickers, and more.

[READ MORE](#)

Odd Socks Day resources and song

Odd Socks Day will be held on Tuesday 12th November this year. The new song from Andy and the Odd Socks has been released along with a school pack. You can download your Odd Socks Day school packs here! We also have support from SafeToNet this year to make Odd Socks Day happen

[READ MORE](#)



Sign up as a supporter of Anti-Bullying Week

Sign up as an Anti-Bullying Week supporter and receive a certificate to display in your school/organisation. Join the anti-bullying movement and tell us what you're doing for Anti-Bullying Week – We can't wait to see what you've got planned.

[READ MORE](#)

RESEARCH



[Online trends show students targeted for “sad-fishing”](#)

Digital Awareness UK is concerned about the number of students who are bullied for “sadfishing”, thus exacerbating what could be a serious mental health problem. Students are often left feeling disappointed by not getting the support they need online.



[Children and Young people's welling – State of the nation report](#)

Department for Education research shows that bullying is top factor in well-being of 11-18 year old girls.



[Youthworks cyber survey 2019 - take part](#)

Take part in the Youthworks cyber survey on young people's online experiences, in partnership with Internet Matters.

RESOURCES



[Black History Month - school resources](#)

Do you have the resources ready in your school/educational setting to hold an informative black history month? Remember, black history shouldn't just be studied once a year it should be and integral part of your curriculum.



[In Your Corner – mental health campaign](#)

Sign up to the Time to Change campaign supporting students mental health in the month of November and receive a whole selection of resources.



[All Together programme](#)

Sign up to take part in ABA's All Together programme; a whole-school anti-bullying programme offered free to schools across England.



[Free online CPD anti-bullying training](#)

ABA's CPD training was particularly developed to reduce levels of bullying of disabled children and those with special educational needs (SEN) but applies to all children.

POLICY



[Managing issues with LGBT teaching: advice for local authorities - Department for Education](#)

How to manage parental concerns about the teaching of lesbian, gay, bisexual and transgender (LGBT) content in primary schools.



[Engaging parents with relationships education policy - Department for Education](#)

A guide for primary headteachers setting out why they must engage parents on their school's relationships education policy and tips on how to do so.

DIGITAL NEWS



[SafeToNet supporting Odd Socks Day 2019](#)

SafeToNet, have launched their new app that detects cyber-bullying and helps guide children to make better choices about what they send/share online, while giving parents an indication of risks, and prompting conversations about staying safe online. They are the official supporters of Odd Socks Day 2019. SafeToNet will be offering a free 2 month trial of the app, with the promo code "ABA2019".



[BBC launches "Own It" app for children](#)

The Own It app has drawn on input and support from many different child-focused charities and welfare groups including ABA, Mental Health Foundation, NSPCC, the Diana Award, and Childnet.



[Facebook to hide number of likes on posts to protect user wellbeing](#)

A trial of hiding reactions on posts to some users has been shown to be beneficial to mental health; it aims focus on the quality of their interactions and the quality of the content rather than on the number of likes or reactions.



[Algorithms can be used on Twitter to detect accounts which bully](#)

A new tool can identify Twitter accounts engaging in bullying with over 90% accuracy, according to researchers.



[Instagram launches “restrict” tool to address bullying](#)

Where many users do not want to report or block those bullying them for fear of further abuse, the tool allows users to “quietly protect” themselves from online bullying by hiding comments from view and blocking bullying accounts from seeing when a user is online.



[The B Word - podcast is launched](#)

When you hear the word 'bullying' - what immediately comes to mind? Listen to peoples experiences, reflections and advice they'd give to their younger selves.

OTHER NEWS



[Take part in the Learn Equality, Live Equal programme - Lancashire and Cumbria](#)

If you're a school in these areas and want to be part of the anti-homophobic, biphobic, and transphobic bullying programme that launches in November please contact learnequality@ncb.org.uk



Are you ready for Friendship Friday?

Friendship Friday is on 8th November. This day of friendship introduces Anti-Bullying Week by encouraging positivity and kindness to make the world a friendlier place. To reflect Anti-Bullying Week's "Change Starts With Us" theme, this year you're invited to play your part in creating a community of support in your workplace or school. Our Friendship Friday ambassador Elmer the Patchwork Elephant will star in your materials as you join your colleagues or friends in an "Elmer's Walk" where you'll get to know one another and raise funds which will help us prevent and challenge bullying.



Police initiative in Gloucestershire educating children on bullying

Topics include internet safety, sexting, drugs/alcohol, exploitation, domestic abuse, grooming, online relationships, hate crime, anti-social behaviour, bullying, and county lines drug dealing.



Pop star Billie Eilish supports cyberbullying campaign

Eilish's song "When The Party's Over" is being used in online video "Are Your Words Doing Damage", which broaches the effects online bullying can have.



Prepare for statutory RSE

Join the Sex Education Forum this November for their second flagship RSE conference. Workshops on parental involvement, online sexual harassment, consent, putting guidance into practice, SEND inclusion and more.