



Looking back, time and again as a team, we remember that in the first two weeks of lockdown when our site crashed under the amazing ten-fold increase in traffic to our free CPD anti-bullying online training courses. We've since updated the site to allow for the growing traffic.

What struck us most was that at what must have been one of the scariest times in all our lives, the first thought of so many school and children's workforce staff was to take the time to improve their anti-bullying knowledge.

It's a testament to the passion and dedication of the workforce and it makes us so proud to have been able to provide you with this online.



According to our Zoom team Christmas quiz, there are 12 days of Christmas that start on Christmas day. We've come up with 12 things that we are proud of achieving in 2020. Here are our **Twelve Yays of Christmas**:

1. We've delivered [free online CPD training and webinars to over 22,000 participants](#). All our online training is still available and you receive a certificate of completion for all courses you undertake. Don't miss out on this opportunity and take part today.
2. [Anti-Bullying Week 2020: United Against Bullying](#) was a huge success reaching thousands of schools and millions of children across England, Wales and Northern Ireland (through our sister organisation the Northern Ireland Anti-Bullying Forum). We gave out free school packs, films and social media toolkits all developed with young people. We trended across social media and even Ant and Dec, Paloma Faith, Anthony Joshua, Rishi Sunak, Emma Willis and Craig David got involved!
3. [Odd Socks Day](#) (which forms part of Anti-Bullying Week) supported by our patron Andy Day and his band Andy and the Odd Socks was bigger than ever. We worked with Andy and the Odd Socks to bring you free school resources about celebrating what makes us all unique, a video and song which featured Princess K and choir Libera and a virtual assembly which included songs from [Andy and the Odd Socks](#) and was supported by the likes of Sir Mo Farah, Annemarie and McFly! All these resources are still on our website for you to use.
4. We worked with a group of Looked After Children to develop and provide you with a new free CPD online training course to address the disproportionate amount that [care experienced children experience bullying](#).
5. In Anti-Bullying Week the Minister for Children and Families, Vicky Ford MP, announced the winners of our [School Staff Award](#) for those members of school staff that pupils nominate have gone above and beyond to address bullying. Young people chose the winners and they award Mrs Biggs and Mrs Isles with the award this year. All nominated staff received a certificate and the winners framed certificates and trophies.
6. We worked with leading anti-bullying researcher, Dr Peter Smith (Goldsmiths University), to deliver our annual round up of all the bullying and cyberbullying research released in the previous year in the UK called our ['Focus On Bullying 2019'](#).
7. We worked to provide a comprehensive [Racist and Faith Targeted Bullying Literature Review](#) which analysed UK research relating to racist and faith targeted bullying and continued to convene our Racist and Faith Targeted Bullying Group.
8. Just before lockdown we worked with [Friends, Families and Travellers](#) to consult with Gypsy, Roma and Traveller children about their experiences of bullying. We developed a guide for schools as a result called ['Bullied, Not Believed and Blamed: The experiences of Gypsy, Roma and Traveller children and young people'](#).

9. Our new [3-step responding to bullying tool](#) aims to help you develop a consistent, reflective and more effective approach to responding to bullying incidence in schools and other settings.
10. We worked with a group of young carers to develop and provide you with a new free CPD online training course to address the disproportionate amount that [young carers experience bullying](#).
11. The second phase of our [All Together School programme](#) which is free to schools in England and funded by the Department for Education was independently evaluated by Goldsmiths University. We couldn't summarise all the achievements we've seen in our incredible All Together schools in this list but the programme has proven to reduce bullying and improve wellbeing of pupils in participating schools. We especially saw the biggest improvement in children with SEND and those on Free School Meals who we know are more likely to be bullied. [You can read more about our achievements here](#). We are currently doing all we can to secure funding to be able to provide schools with the programme from April.
12. We worked with our amazing 140 [Anti-Bullying Alliance Members](#) and held 5 member meetings online and one face to face before lockdown. We're so pleased to be able to provide these online and that they provide a chance to hear from the anti-bullying sector and discuss the latest anti-bullying practice and research. We couldn't achieve what we do without the support of our amazing members. They all have their own resources and anti-bullying tools available as well. Have a look at [our members](#) here and you can find out more about signing up to [become a member here](#).

So that's our Twelve Yays of Christmas. We would love to hear yours too. Please tag us using #12YaysOfXmas. We have lots of plans for 2021 and we aim to keep providing you with anti-bullying resources from ABA and our members. We all hope you have a restful, safe and happy Christmas break and we can't wait to work with you all in the new year.



## BULLYING NEWS AND RESOURCES

### [Gender Stereotypes Are Limiting Children's Potential And Causing Lifelong Harm - Fawcett Society](#)

Unlimited Potential - the final report of the Commission on Gender Stereotypes in Early Childhood sets out how gender expectations significantly limit our children, causing problems such as lower self-esteem in girls and poorer reading skills in boys. The report finds that stereotypes contribute towards the mental health crisis among children and young people, are at the root of girls' problems with body image and eating disorders, higher male suicide rates and violence against women and girls.

### [Free training for Welsh school staff and governors](#)

Kidscape have funding from the Welsh Government to deliver free time-limited training to Governors and school leaders in Wales to support with embedding the Rights, Respect, Equality statutory guidance in schools.

### [New Report Shows Youth-Led Anti-Bullying Ambassador Programme Leads to Behavioural and Cultural Change in Schools](#)

Think tank concludes that The Diana Award's Anti-Bullying Ambassador Programme helps to improve knowledge, skills, behaviour and culture around bullying behaviour.

### [Ditch The Label - Anti-Bullying Survey 2020](#)

This report is after a survey of 13,000 children and young people.

### [Podcast about Samaritans guidelines into self harm and suicide](#)

The SafeToNet Foundation's latest Safeguarding Podcast with Samaritans outlines their industry guidelines for managing self-harm and suicide content on websites, how to keep vulnerable people safe online & is self-harming an effective coping strategy?

## ONLINE BULLYING NEWS AND RESOURCES

### [New educational resources looking at reliability online launch for Safer Internet Day](#)

Schools and organisations are now able to register as a Safer Internet Day Supporter to share what they are doing for the day which is taking place on Tuesday 9th February! In 2020 over 1,700 organisations registered their support; the day reached 49% of young people in the UK making 2020 the biggest UK Safer Internet Day yet.

### [Being social online this winter - a guide for parents](#)

Access to new tech over the winter period can provide new opportunities for children and young people but also present risks including online bullying. Thinkuknow's guide for parents looks at how they can support their child to be safer online this season by focusing on 3 key areas: viewing, sharing, chatting and friending.

### [Looking at online safety with young people with SEND – New resource from Childnet](#)

Childnet have launched the new and updated STAR SEND Toolkit. This is an extensive teaching toolkit to equip, enable and empower educators with the relevant knowledge they need to support young people with Special Educational Needs and Disability (SEND).

### **In Their Own Words: The digital lives of school children**

Here is the latest report from The Cybersurvey from YouthWorks and Internet Matters exploring the online lives of almost 15,000 teenagers in the UK. It shows harmful content overtakes Cyberbullying as a concern. Racism and homophobia in cyber aggression have increased since 2015.

### **The Government's Online Harms White Paper Consultation Response Published**

Last week the government published its final decisions on new laws aiming to make the UK a safer place to be online. One of the key decisions made was that all platforms will have a duty of care to protect children using their services and this regulatory framework will be enshrined in law through The Online Safety Bill, which will be ready in 2021.

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