Break the Silence

Bullying thrives when it goes unseen and unspoken. Let's break the silence and look out for each other so everyone feels safe to be themselves.

How we treat others

Kindness
choosing to be warm and helpful

Compassion
caring when someone is hurt

Respect
treating people fairly and kindly

Inclusion
making sure everyone belongs

Diversity
celebrating our differences

Considerate
thinking about how others feel

Standing up for others

Empathy
imagining how someone else feels

Support
being there for someone

Bystander
someone who sees bullying happening

Accountable
owning what we say and do

Communication
speaking up and listening well

Empowered
feeling able to make a difference

How I feel about myself

Confidence
believing in yourself

Resilience
bouncing back after a hard time

Self-esteem
how you value yourself

Unique
being one of a kind

Self-awareness
noticing how you think and feel

Self-talk
the words you say to yourself

Talk about it

Use these questions in class, with a friend, or at home.

1. What does it mean to break the silence when we see bullying?
2. What does inclusion look like in our classroom?
3. If you were a bystander, what could you do to help?
4. How can the words we use build someone's self-esteem?

This week's challenges

One a day, Monday to Friday. How many can you do?

Mon Sit next to someone new at lunch and find three things you have in common. That's **inclusion** in action.

Tue Ask someone how they are, then ask again. People often say 'fine' the first time, so asking again shows real **empathy**.

Wed Start a conversation with someone you don't usually talk to. Ask them a question and really listen: that's great **communication**.

Thu Give three genuine compliments today, including one to yourself. Kind words build **self-esteem**.

Fri If you see bullying, don't stay silent. **Support** the person affected and tell a trusted adult.

Where to get help

If something doesn't feel right, talk to a trusted adult at school or at home. You can also call Childline, free and confidential, on **0800 1111**, or visit **childline.org.uk**.

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