



CHOOSING RESPECT FOR ANTI-BULLYING WEEK 2024



GETTING THE CONVERSATIONS STARTED

HOW WE CAN CHOOSE RESPECT AS A FAMILY

As part of this year's Anti-Bullying Week campaign, we are encouraging children and young people to consider how they can **Choose Respect** in their interactions with others, while urging adults to reflect on how they can model this behaviour through their everyday actions and decisions.

As adults, we play a crucial role in modelling respectful behaviour for children and young people who look up to us. They observe and learn from our actions every day. One young person told us that they felt expected to behave better than the adults around them, which highlights the importance of reflecting on our own behaviour: are we consistently choosing respect in our interactions, both in person and online? Let's challenge ourselves to set the best example possible for our children this Anti-Bullying Week and beyond.

We encourage you to use Anti-Bullying Week to start conversations with your family about what respect means to you and how you show respect to each other, to friends, to strangers and even to those we might disagree with. Use the conversation starters and activities within this pack to get you started!

OUR TIPS FOR FINDING THE RIGHT TIME

Finding the right environment to talk to your child about bullying is crucial for an open and honest conversation. Choose a setting where your child feels comfortable and safe, such as during a relaxed dinner, on a drive, or while doing an activity you both enjoy, like playing a game or going for a walk. These moments provide a natural, less pressured way to bring up the topic. You can start by discussing something that happened at school or a story you both heard in the news, then gently steer the conversation towards their own experiences. This approach encourages your child to share their thoughts and feelings without feeling put on the spot.

FOR YOUNGER CHILDREN

- What do you think makes a good friend?
- How would you describe bullying in your own words?
- How do you show kindness to others?
- What can you do if you have hurt someone?
- What does respect mean to you? How do you show respect to others?
- How can we disagree with someone but still be kind and respectful?
- What can we say or do if someone is unkind to us?
- What could we do if we see someone being treated unkindly?
- What are some of the ways you are similar to your friends? What are some of the ways you are different?
- Why is it important to enjoy and celebrate the things that make each of us unique?

FOR OLDER CHILDREN

- What do you think when you hear the word 'bullying'?
- What are the different roles people have in a bullying situation? Does this change if it happens online?
- Why do you think it's important to speak up about bullying, even if it's not happening to you?
- What are some ways you could help if you saw someone being bullied? How would you help yourself if it was happening to you?
- What are the qualities you look for in a friend?
- What might be some reasons someone would choose to be unkind or bully others? What might help them to change their behaviour?
- If you realise you're hurting someone, what can you do to fix it and change your behaviour?
- Can you think of a time when someone's kindness really made a difference for you? How did it affect you?
- What does respect mean to you?
- What are some actions or words that show respect in everyday interactions? What about online?
- How can you show respect to someone even if you don't agree with their choices or beliefs?
- How can we disagree respectfully?
- What role does empathy play in resolving conflicts?
- What advice would you give to younger children about bullying?



#ANTIBULLYINGWEEK



ORGANISER

© National Children's Bureau - Registered charity No. 258825. Registered in England and Wales No. 952717. Registered office: 23 Mentmore Terrace, London E8 3PN. A Company Limited by Guarantee.