

Feel free to use this sample letter to write to your Head Teacher to urge your school to adopt more anti-bullying measures and help to Say NO to Bullying.

Dear

As a parent at your school, I am writing to suggest some activities which could take place at your school for raising awareness of bullying, promoting friendship and school community, and fundraising. These activities are devised and promoted by Kidscape anti-bullying charity, who has been working to prevent bullying in the UK since 1984. There is more information available about Kidscape on their website [www.kidscape.org.uk](http://www.kidscape.org.uk) or about their Say NO to Bullying campaign at [www.saynotobullying.co.uk](http://www.saynotobullying.co.uk)

Whether you consider bullying to be a problem in your school or not, it is important to come together as a school and raise awareness of the issue of bullying.

The following is a **top five list of reasons to actively promote Anti-Bullying awareness in your school:**

1. Raise awareness of the issues surrounding bullying and **make** a clear, united stand against it as a school.
2. Create an open environment where pupils feel safe to discuss bullying.
3. Create a stronger sense of community throughout the school, and promote friendship - both within year groups and between different year groups.
4. Raise money for both Kidscape (to continue to work at the grass-roots level to prevent bullying all over the UK) and your school.
5. Pilot new schemes which will promote good behaviour in your school

Kidscape has created a *Schools' Fundraising and Activities Pack*, detailing ways your school can help Say NO to Bullying.

To order a pack, contact Kidscape at [sntb@kidscape.org.uk](mailto:sntb@kidscape.org.uk) or phone 02077303300.

Activities that your school can take part in include:

• **The Big NO: Say NO to Bullying Assembly or Lesson**

*Join the Kidscape campaign to Say NO to Bullying and have a special assembly (secondary school) or lesson*

*(primary school) about bullying, and get all your pupils to stand up and shout 'NO!' to bullying.*

• **Friendship Bracelet Circles**

*Have a coffee and cake morning with a twist... and make new friends whilst raising money for Kidscape and your school!*

• **Friendship Class Party: Sit With Someone New**

*Encourage friendship and have a 'sit with someone new' party.*

• **Red and Blue Mufti Day**

*Wear Kidscape colours instead of school uniform and raise money for your school and Kidscape!*

• **Discuss Bullying: PSHE and Form Time**

*Lay out the ground-rules for behaviour to create an environment to say NO to bullying during PSHE or form time, and have an open discussion about bullying.*

• **Reading Partners (Primary) and Mentoring (Secondary):**

*Promote friendship throughout the school and set up a reading partners or mentoring scheme – students will feel they have someone older they can rely on and look up to in the school, which creates a*

*γρεατερ σενσε οφ χομμουνιτυ.*

• **Well Done Stickers:**

*Give out Kidscape Well Done Stickers to reward kindness, good behaviour, and helping others out. Get involved and join Kidscape in saying NO to bullying!*

Yours faithfully,