



# KIDSCAPE

Help With Bullying



**FRIENDSHIP FRIDAY**  
18 NOVEMBER 2022  
#FRIENDSHIPFRIDAY

# Reach Out

## Activities to show you care

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# Welcome to Kidscape

Kidscape is a bullying prevention charity founded in 1985. Each year we work with thousands of children and young people to challenge bullying and protect young lives.

The good news is that we can challenge bullying behaviour through creating inclusive, kind and empathetic communities where children feel safe and supported.

F R I E N D S H I P

## Anti-Bullying Week and Friendship Friday

Anti-Bullying Week is an annual UK event coordinated by the Anti-Bullying Alliance, held in the third week in November. It aims to raise awareness of the bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

80% of schools in the UK take part, with a potential reach of 7.5 million children and young people. There's a lot of press and media activity - it's not just for schools. It gathers lots of attention in the media, with MPs, celebrities and social media influencers getting in on the action.

We engage in all sorts of activity during Anti-Bullying week. But our flagship event is Friendship Friday!

Held on the Friday of Anti-Bullying Week (so this year's is 18 November 2022), Friendship Friday encourages everyone to see they have a role to play in creating a world that is friendlier and kinder.



In advance of the big day, we provide resources for schools and parents/carers to share with children, focusing on topics such as being a good friend, developing empathy for others, and how and where to get help if you need it.





## Reach Out!

The theme for Anti-Bullying Week 2022 is Reach Out. The theme came about following consultation with teachers and pupils by the Anti-Bullying Alliance, which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives. So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

**It doesn't matter HOW you reach out - you could do something nice for a friend, say something positive to someone in your family, or send them something they'll love - just that you DO reach out!**

"Reach out" can mean whatever you want it to. It might be helping out a friend in need, saying or doing something kind for someone, or reaching out to friends and family that we might not have spoken to in a while to show that we care and that we're there for them.

Sometimes life gets busy and it's difficult to be in constant contact with everyone that's important to us. So this Anti-bullying Week and Friendship Friday is the perfect opportunity to get inspired and show someone they are in your thoughts!



# Need some inspiration?

It is important for all of us to have friends; people who care about us and make us smile. Here are some ideas for how you can reach out and show a friend or family member that you care ♥

## Give them a gift

A great way to show that we care about someone is to give them a gift. It doesn't have to be flashy or expensive - just something that shows that our friend is important to us and that they are in our thoughts. Check out [Kidscape's website](#) for ideas such as growing a Friendship Flower for someone, or colouring in a bookmark that celebrates their uniqueness!

## Do something together

Know a friend who loves action movies? Or maybe rom coms? Why not offer to go to see the latest cinema release with them, or have a movie night at your house.

You could also offer to take them out for a coffee or for breakfast. Or simply take a walk together - it's free and you'll get a healthy dose of fresh air!

## Offer to help them out with something

If two people take on a task together, it takes half the time to get it done! Offer to help your friend or family member with their chores or shopping, or perhaps you have a friend who needs help with their homework. They will be very grateful for the helping hand.

## Spend time together

Sometimes the best thing you can do for a friend or loved one is to simply spend time with them. You don't need to have an activity planned - just spend time together and chat. This can be especially helpful if your friend seems sad or upset. Giving them space to talk might help them open up about how they are feeling.

**"A friend is one of the best things you can have, and one of the best things you can be."**

**Winnie the Pooh**



# What if you haven't spoken in a while?



We all have old friends and family members we haven't spoken to in a while. Life is busy, and sometimes we lose touch with people or don't get to speak to them as often as we'd like.

If that has happened to you and someone you care about, why not reach out and let them know you're thinking of them? Here are some ideas to help you reconnect.

## Send them an e-card

Send them something that will surprise them in their inbox! For a small donation to Kidscape, you can send one of our fun e-cards via [this link](#)

## Share a story they'd love

Take a look at The Happy Newspaper ([website here](#)) and share a story with them that you think will make them smile!

## Send them a voice note or a video

A written message is great, but seeing you're smiling face or hearing your voice is bound to brighten the recipient's day!

## Write them a poem

This might sound daunting, but it doesn't need to be long or sophisticated! If you want to show your emotions then go ahead, but you could also write them a funny limerick (Words for Life shows you how [here](#)) or a even a Japanese haiku! Learn more about writing haikus [here](#).

## Just say hi!

Don't overthink it! Just sending a message saying "hi! How are you? I haven't spoken to you in so long!" let's the other person know that they still matter to you and you still think about them. It will surprise them and make their day a little happier!





## Resources

Kidscape has tons of resources available on our website for you to download. Here are a selection to help you Reach Out and learn more about the importance of friendship and positive relationships.

### **Kidscape Guide to Friendship**

Our guide was written to help children and young people understand friendships. Everyone deserves to find good friends who give you love and respect, and we can all learn to be better friends to others. Download the guide [here](#)

### **Friendship bracelets**

Make a friendship bracelet for a friend or family member, and a matching one for yourself! We have a step-by-step guide for how to make them [here](#)

### **Seahorse bookmark**

Did you know that every seahorse is unique and different? Just like each of us! Why not show your friend that you care about them by giving them one of our special bookmarks, illustrated by artist Laura Brown? You can download yours [here](#)

### **Kindness tree**

Our Kindness Tree helps you spot acts of kindness and friendship, either from yourself or from others, or any moments that make you smile. Learn more about it [here](#)

If you, or someone you care about, is going through a tough time with friends or friendships, you can buy Kidscape's new book "Help with Bullying and Relationships: A Kidscape guide for children and teenagers" from Amazon. It's full of tips and encouraging advice, and all proceeds after fees go to Kidscape. find out more [here](#)

# Make a donation to Kidscape

We really hope you've enjoyed our Reach Out activity pack and that you now have loads of ideas to help reach out to the people you care about!

We would be incredibly grateful if you would consider making a donation to help Kidscape continue to deliver vital support to children, families, schools and community groups, challenging bullying in all its forms and protecting young lives.

**Together, we can offer hope and help to children, and help keep them safe from bullying and harm.**

Any size contribution is very welcome. Here's an example of what your donations can help us do...

**£1 could help us distribute leaflets and guides to families experiencing bullying**  
**£5 could help us answer a phone call from a parent or carer who needs our help on our Parent Advice Line**  
**£10 could pay for a child to attend a ZAP in Schools workshop**

Please visit [donate.kidscape.org.uk/](https://donate.kidscape.org.uk/) or scan the QR code to make a donation

**THANK YOU!**



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# Keep in touch

You can find more information about Kidscape on our website and through our social media channels.



[kidscape.org](https://kidscape.org)



Kidscape Charity



[@Kidscape](https://twitter.com/Kidscape)



Kidscape



[@Kidscape](https://www.instagram.com/Kidscape)



Kidscape

You can also contact our Fundraising team directly  
by emailing:  
[fundraising@kidscape.org.uk](mailto:fundraising@kidscape.org.uk)



## About Kidscape

Kidscape is a bullying prevention charity (registered number 326864) founded in 1985.

Our work includes online advice and resources, a parent advice line, and face-to-face workshops for children and families that build awareness and resilience, delivered both in schools and the community.

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