

#SPEAKOUT SUPPORT NETWORK ACTIVITY



It's important to know that you're not alone if you're experiencing bullying. We challenge you to create your support network - 5 (or more!) people you can turn to if you need to talk about bullying.

Write one name on each finger of the hand below. This could be a family member, favourite teacher, friend, sibling, cousin, support service such as ChildLine, or even talking to the dog or writing in your diary. If it helps you to speak out if you're being bullied, write it down!



(THE NAMES ON THIS HAND NOW REPRESENT YOUR SUPPORT NETWORK)



Tweet us a picture! Use @antibullyingpro #SpeakOut - we want to hear from you! You can also cut out your hand and create a display in your school to take a stand against bullying.