## Focus day messages and activities

### Be Bold. Be Kind. Speak Up: You can help stop bullying

Bullying can happen anywhere—at school, online and in the community. But everyone has the power to help stop it.

This year’s theme for Bullying No Way Week, “Be Bold. Be Kind. Speak Up.”, reminds us that everyone can make a difference.

Here are five ways students can be part of the solution—use these every day during Bullying No Way Week, or choose one or two for an impactful day.

The messages are for students to consider each day. Exploring the theme more deeply, they remind students that their actions can be impactful at school and in their community. Teachers may choose to read out the messages during morning notices or in class.

The optional activities can focus students’ attention on how they can be bold, be kind and speak up against bullying. They are designed to be completed in 5 to 10 minutes and can be done in class or during break-times.

#### ****Day 1. Be Bold: You have the power to help****

**Daily message**: This week is Bullying No Way: National week of action and the theme, “Be Bold. Be Kind.   
Speak Up.” reminds us that everyone can make a difference.

Being bold doesn’t mean putting yourself in danger—it means choosing to do what’s right.

You can say things like:

*“That’s not cool, stop it.”*

*“Let’s go, you don’t have to deal with this.”*

Standing up shows others that bullying is not accepted in your school or community.

You can stand up for them in a safe way or tell a teacher or trusted adult. Your support can make a difference.

Be bold and find courage within yourself to say something, to offer help, or even to check your own behaviour.

**Activity:** Be an upstander poster

* Instructions:
  1. Students work in pairs or small groups to create posters with messages about standing up against bullying.
  2. They use slogans, drawings, or comics to show ways to support someone being bullied.
  3. Posters are displayed around the school to inspire others.
* Objective: Reinforces that students have the power to make a positive change.

#### ****Day 2. Be KIND: SMALL ACTIONS MAKE A BIG IMPACT****

**Daily message**: During Bullying No Way Week, and every week, we can all be bold, be kind and to speak up against bullying.

Kindness isn’t just about big gestures—it’s in the small things we do every day. A smile, a kind word, or inviting someone to join your group can completely change someone’s day.

Bullying often targets people who feel left out or different. But kindness builds connection, and connection helps stop bullying before it starts. You can make a huge difference just by choosing to be kind—especially when it’s not the easiest option.

Try this: give someone a compliment today. Say hello to someone new. Stand up for someone who’s alone. These little things matter more than you know.

Kindness is contagious. Pass it on.

**Activity:** Kindness challenge bingo

* Instructions:
  1. Create a bingo card with acts of kindness (e.g., "Give someone a compliment,"   
     "Invite someone new to sit with you at lunch," "Help a friend with schoolwork").
  2. Students complete as many kind actions as possible during the week.
  3. At the end of the week, reflect on how these small actions affected them and others.
* Objective: Encourages everyday kindness and inclusion.

#### ****Day 3. SPEAK UP: SPEAK UP AGAINST BULLYING****

**Daily message**: This year, for Bullying No Way Week, we’re looking at how everyone can be bold, be kind and speak up against bullying.

Speaking up against bullying doesn’t mean getting into a fight. It means taking action in safe and supportive ways to help someone in need.

When you speak up, you become an upstander—someone who chooses to help instead of watching from the sidelines. That could mean reporting what you saw, comforting someone after an incident, or encouraging others to do the right thing.

Bullying is everyone’s problem, and when even one person steps up, others follow. Your voice can break the silence and lead the way for real change.

You are never too young to lead by example.

**Activity:** What would you say? Whole class discussion

* Instructions:
  1. The teacher describes or asks for suggestions of different bullying scenarios   
     (e.g., someone being left out, cyberbullying, name-calling).
  2. The whole class brainstorms safe ways to speak up or report the situation.
  3. After each scenario, discuss how speaking up can make a difference.
* Objective: Helps students practice standing up to bullying in a safe and confident way.

#### ****Day 4. THINK BEFORE YOU POST OR SPEAK****

**Daily message**: For Bullying No Way Week, let’s think about how we can be bold, be kind and speak up against bullying—both online and in real life.

The words we use can build someone up or tear them down. That’s why it’s so important to think before we speak, type or post.

Would you want someone to say that to you? Is it kind? Is it necessary? If the answer is no, don’t say/do it. It’s easy to hide behind a screen and forget that there’s a real person on the other side. But online bullying is just as hurtful—and serious—as bullying in person.

Be the kind of person who uses words to support, not to harm. Use your voice to spread positivity and respect.

What you say shows who you are—choose wisely.

**Activity:** Words have power reflection

* Instructions:
  1. Each student gets a blank piece of (scrap) paper. They crumple it up, step on it, then try   
     to smooth it out.
  2. Discuss how the paper represents a person’s feelings—words can leave lasting marks,   
     even if we say sorry.
  3. Students write or share ways to use words positively online and in person.
* Objective: Teaches the lasting impact of words and encourages mindful communication.

#### ****Day 5. TOGETHER, WE CAN STOP BULLYING – A WHOLE OF COMMUNITY APPROACH****

**Daily message**: During Bullying No Way Week, we’ve explored how as a school community we can be bold,   
be kind and speak up against bullying.

You need to know you’re not in this alone. The best way to stop bullying is by working together. That means students, teachers, families, and friends standing up, speaking out, and supporting each other.

Every positive action you take—no matter how small—can help create a safer, kinder school and community. Imagine if everyone agreed to look out for one another, include others, and speak up when things go wrong.   
That’s how change starts—with you, and with us.

Join kindness campaigns. Start a friendship group. Include someone new. Together, we can create a school   
and community where everyone feels welcome and respected.

It takes all of us. Let’s be bold, be kind and speak up—together.

**Activity:** Pledge for change chain

* Instructions:
  1. Each student writes one action they will take to stop bullying on a paper strip   
     (e.g., "I will stand up for my friends," "I will report bullying when I see it").
  2. Link all the strips together to create a paper chain that represents unity.
  3. Display the chain in a common area as a reminder that everyone plays a role in stopping bullying.
* Objective: Shows that collective action makes a difference and encourages accountability.