

This month we're talking about healthy relationships and celebrating Anti-Bullying Week 13th-17th November!

ODD SOCKS DAY on
MONDAY 13TH NOVEMBER 2023



Come to school wearing your odd socks to celebrate what makes us all unique!

The theme of **Anti-Bullying Week 2023** is 'Make A Noise!' to stop the silence around bullying. You can start healthy discussions with friends, family and teachers about what bullying means to you all - and how banter can turn into something more hurtful.

The week starts with **Odd Socks Day on 13th Nov** - a fun way to celebrate individuality and open discussions around accepting differences, which is key to ending bullying. Ask your teachers if your school can take part – the poster is [here](#).

If you're worried about bullying, don't keep it to yourself.

Speak to a teacher, parent or carer if you are being bullied or you see someone else being bullied. There are teachers in your school specially trained to support students around bullying. You can also get help from Anti-Bullying Alliance [here](#) or from Childline on **0800 1111** or online [here](#).

Healthy relationships are based on respect, trust, and honesty. This includes relationships with friends, family, or romantic partners. It's also important to be happy with who you are so that you can be yourself with other people.



We all have disagreements. But relationships can become unhealthy when a person doesn't respect you, hurts you, or makes you do something you feel uncomfortable about. When this happens, **talk to a trusted adult**.

The **Young Minds** website has advice on [friendships](#), [romantic relationships](#) and coping with [family](#) difficulties.

Childline has tips on how to make friends in primary school [here](#).

The Children's Society has a friendship guide for secondary/college students [here](#).



The HFEH Mind Mental Health Support Team supports school staff, children, parents and carers to think about mental health and wellbeing.



We provide a telephone drop-in service where you can speak to one of our team about your mental health and wellbeing (please note, this is not a counselling service).

Click [here](#) or scan the QR code to schedule a call

We also have [Wellbeing Advisers](#) who can work with you to identify any difficulties you may be dealing with and help find appropriate support.

For videos, blog posts, and to learn more about us, visit [My Mind TV](#) and our website: www.hfemind.org.uk