

This month we are highlighting the importance of healthy relationships and acknowledging Anti-Bullying Week 13th-17th November!



TIPS:

Re-familiarise yourself with your school's Anti-Bullying Policy.
Ensure students know who to go to if they're worried about bullying.
Have spare odd socks to hand for students who forget theirs!

The theme of **Anti-Bullying Week 2023** is 'Make A Noise!', encouraging discussions about what bullying means to us and how banter can turn into something more hurtful, helping to end the silence that can often surround bullying.

It kicks off 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.

Print out the Odd Socks Day poster [here](#) – it has a space to add names of staff for students to turn to if they're concerned about bullying.

Anti-Bullying Alliance lesson and resource packs can be accessed here: [Primary](#) and [Secondary](#).

It is sometimes easy to know what should be done to create and maintain healthy relationships – but harder to put into practice. Samaritans have a 1-hour '**Supporting a Friend**' lesson plan for secondary/college students [here](#). For primary school students, Kidscape has a 50-min '**Help with Friendships**' lesson plan [here](#).

HFEH Mind delivers targeted student workshops on topics including Friendships, Anger, and Anxiety. Speak to your MHST practitioner for more information.

Join us at our monthly evening webinars!

We support parents, carers and school staff to feel confident when supporting children and young people with their **mental health and emotional wellbeing**.

The last Wednesday of every month

(starting 25th October 2023)

7pm – 8pm

Zoom: Use the QR code or [Click here](#) to register.



Topics will include...

Managing Difficult Emotions	Impact of Prejudice
Healthy Relationships & Communication	Self-harm
Managing Stress & Anxiety	Using Social Media

Let us know how mental health can be improved in schools.

Use [this link](#) or the QR code to fill in our short survey.

Results will shape our training and support offer for the academic year.

