

Anti-Bullying Week 2026 will take place from Monday 16th to Friday 20th November with the theme: *Break the Silence*.

This year's campaign will encourage children, young people and adults across the UK to start conversations about bullying, speak up, listen and take action together.

The theme was developed in collaboration with the anti-bullying sector and shaped directly by the voices of more than 200 children and young people, many of whom spoke about the silence that can surround bullying and the barriers young people face in asking for help.

Organised by the Anti-Bullying Alliance, which is coordinated by leading children's charity the National Children's Bureau, Anti-Bullying Week has become one of the largest children's wellbeing campaigns in the UK, reaching an estimated 8 million children and young people and over 80% of schools each year.

Throughout the week, we will take part in activities, lessons, assemblies and events designed to help prevent bullying and promote kindness, inclusion and belonging. We will present our Antibullying assembly and offer our parent/carer workshop.

Odd Socks Day will return on Monday 16th November to kick off the week. All of us – children, teachers, parents, carers and anyone else will wear odd socks to celebrate what makes us all unique and stand together against bullying.