

# Bullying-Free NZ Week, 13–17 May 2019

## Whakanuia Tōu Āhua Ake!

### Celebrating Being Us!



New Zealand's annual nationwide **Bullying-Free NZ Week** aims to support schools and their communities raise awareness of bullying and highlight their work in bullying prevention.

The week starts on **Monday 13 May** and ends with the Mental Health Foundation's **Pink Shirt Day, Friday 17 May**.

**WHAKANUIA TŌU ĀHUA AKE! CELEBRATING BEING US!** is a chance for students to celebrate what makes them unique – such as talents, interests, appearance, disability, culture, beliefs, race, gender or sexuality – and encourage schools to build environments where everyone is welcome, safe and free from bullying. Schools can take part in a range of fun and easy bullying prevention-themed activities and take the opportunity to review their policy and practice.

It's really important students talk about bullying—they're the experts in knowing what it's like to be bullied today and the best way to support them.

**Free resources to start talking about bullying and share ideas are available at [www.bullyingfree.nz](http://www.bullyingfree.nz)**

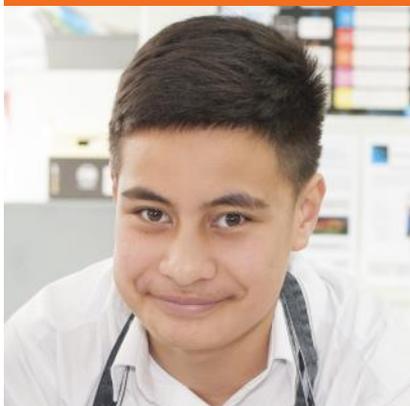
#### Create a student advisory group

Plan activities for Bullying-Free NZ Week with a group of students to get everyone involved.



#### Gather and share ideas

Encourage students to gather and share their bullying prevention ideas in assemblies or lessons.



#### Use a slogan

Use the official Bullying-Free NZ Week slogan **Celebrating being us!**, or come up with your own.



### Enter the 2019 Bullying-Free NZ Week competition



Make a short film, compose a song, create a rap, write a story or poem, or make a PowerPoint presentation. Three age groups: junior, intermediate, and senior.

Award-winning schools will each receive \$500 worth of resources of their choice. Check out last year's winners at [www.BullyingFree.nz](http://www.BullyingFree.nz)



For more information, activity ideas and free resources visit [www.bullyingfree.nz](http://www.bullyingfree.nz) or email [info@bullyingfree.nz](mailto:info@bullyingfree.nz)

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