



ANTI-BULLYING WEEK 2026 ACTIVITY

What is silence?

Write or display the word:

SILENCE

Ask the group what it might mean in relation to bullying.

Silence might mean not speaking. But could it also mean not asking? Not noticing? Not believing? Knowing something is happening but not acting? Being afraid of what will happen if you tell somebody?

Let the group generate as many different kinds of silence as they can.

Then ask:

Which kinds of silence are easiest to break? Which are hardest? What might help?

This can become a discussion, wall display, piece of writing, artwork or starting point for another activity.

Break the Silence
Anti-Bullying Week 2026