



**BullyingUK**

Part of **family lives**

***Wear Blue***

***Information pack***



**Our pack is filled with unique ideas and tips to help you raise funds for Bullying UK and help #stopbullying**

# Thank you for supporting Bullying UK

Thank you for getting involved in our Wear Blue Day for Bullying UK. This is a great opportunity to get your school or organisation to promote positive messages about anti-bullying, raise awareness of the different forms of bullying, raise funds for Bullying UK and have fun at the same time.

Bullying can have a serious impact on self-esteem, education and mental health and affect someone for years to come. We provide a helpline for young people and adults, online support through our website and social media channels [@BullyingUK](#).

This pack contains ideas, blank posters for you to write on, cake toppers and our amazing blue specs to help you see a world without bullying. We have other resources to help make your Wear Blue Day a hit.

Thank you so much for choosing to get involved and supporting us.

Bullying UK

**£10** helps a bullied child too scared to go to school to talk to our trained advisors.

**£25** helps train a volunteer to support those affected by bullying.



# Order your anti-bullying wristbands

Our wristbands are a great addition to Wear Blue Day. Wristbands cost 50p each (including VAT), there is a minimum order of 50. Please note, wristbands may differ slightly to the image shown. Visit us at [www.bullying.co.uk/anti-bullying-week/anti-bullying-week-wristbands/](http://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-wristbands/) to order yours!



*"The children loved the wristbands and they wore them with pride, they felt it was a part of a wider message about anti-bullying."*

*Our Bullying UK supporters rocking our amazing wristbands for Wear Blue Day.*

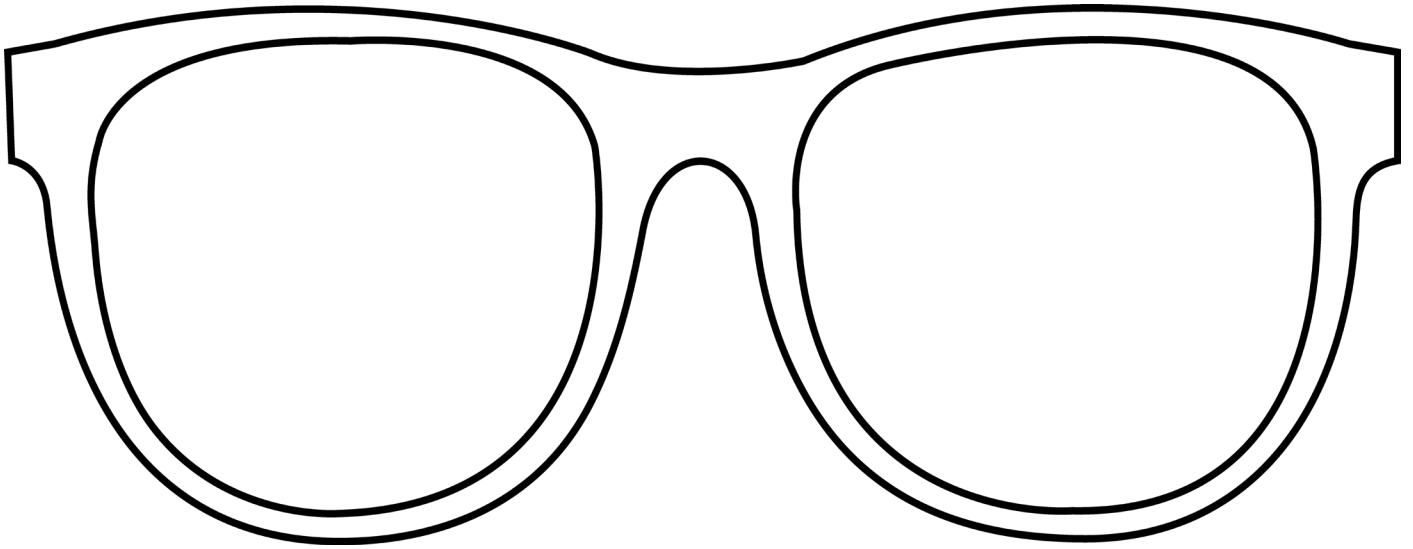


# Who doesn't love cake?

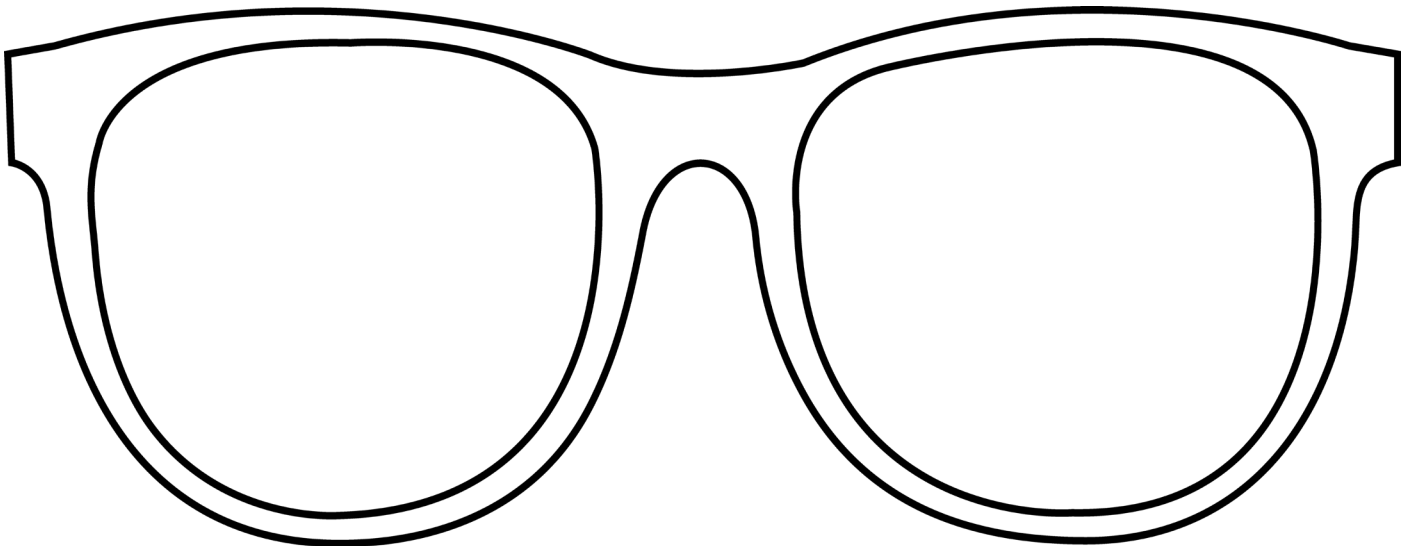
Print off our cake toppers on edible rice or sugar paper. There are lots of online companies that can do this for you if you send them the image for a small fee. Once you receive your edible cake toppers, you can then put them on top of your favorite cakes to sell them to your students, colleagues, or in your local community and raise money at the same time.



# *Anti-bullying specs .....*



The anti-bullying specs can be printed off, decorated blue and used to encourage children and young people to look through the eyes of the bullied or the bully. This is a great way to explore the feelings and emotions that bullying can cause for both the bullied and the bully. Maybe the specs can provide a new way of looking at bullying, we would love to hear from you.



*We're taking part in  
#WearBlueDay to help  
#stopbullying*



**BullyingUK**

Part of **family lives**

**Date:**



# *We're taking part in #WearBlueDay to help #stopbullying*



## **BullyingUK**

Part of **family lives**

### **Date:**



**Helpline 0808 800 2222**  
**[www.bullying.co.uk](http://www.bullying.co.uk)**

# Blue wig challenge



# BullyingUK

Part of **family lives**

## When:

## Where:



Get a blue wig and see how many people you can get to wear it! Take a snap and send us your pics! The wackier the better!

Helpline 0808 800 2222  
[www.bullying.co.uk](http://www.bullying.co.uk)





**BullyingUK**

Part of **family lives**

# ***Wear Blue for Bullying UK***

**To take a stand against bullying**



***Wear Blue on 9 November 2018 and  
help raise money for Bullying UK  
#wearblueday***

***www.bullying.co.uk  
Helpline 0808 800 2222***

# We are raising money for



# BullyingUK

Part of **family lives**

## When:

## Where:



**Helpline 0808 800 2222**  
**[www.bullying.co.uk](http://www.bullying.co.uk)**

# Sending in your donation

*Your donation, no matter how small, helps us to support those who are affected by bullying and really need our help. Our wear blue day is in recognition of all those who have suffered from bullying or are experiencing this to come together and stand up to bullying.*

## **Online fundraising page**

*If you have raised money online with Just Giving, Virgin Money or BT My Donate, your funds should be transferred to us automatically.*

## **Cheque or postal order**

*If you prefer to send us a cheque or a postal order, please mark the cheque payable to Family Lives and send to:*

**Family Lives  
Finance Department  
15-17 The Broadway  
Hatfield  
Hertfordshire AL9 5HZ**

## **BT My Donate**

*You can donate your funds via our BY My Donate fundraising page. For more information, visit [www.bullying.co.uk/WearBlueDay](http://www.bullying.co.uk/WearBlueDay).*

## **Phone us**

*You can also call our finance team to pay over the phone using a credit/debit card. If you would like to do a bank transfer, please call us for our bank details on **020 7553 3082**.*





***Get in touch***

**[wearblue@familylives.org.uk](mailto:wearblue@familylives.org.uk)**

**[www.bullying.co.uk](http://www.bullying.co.uk)**

**   @BullyingUK**

***#wearblueday***