



**family
lives**



BullyingUK

Part of **family lives**

#WearBlueDay

Information pack



Our pack is filled with unique ideas and tips to help you raise funds for Bullying UK, part of Family Lives and help #stopbullying

Thank you for supporting Bullying UK

Thank you for getting involved in our Wear Blue Day for Bullying UK, part of Family Lives. 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 us 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, email support and online support through our website and social media channels [@BullyingUK](#).

This pack contains ideas, blank posters for you to write on, cake toppers and more to help your [#WearBlueDay](#) a day to remember.

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

Bullying UK, part of Family Lives

£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

Have you seen our new eco-friendly non-plastic wristbands? They are a great addition to Wear Blue Day. There is a minimum order of 50. Please note, wristbands may differ slightly to the image shown and have the message **#ChooseKindness**. Visit us at 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.



Organise a wacky games day ...



A wacky games day could be a great way to explore the issues around bullying on [#WearBlueDay](#). Encourage the students to come up with their wacky ideas to have fun and come together.

Whether it is an indoor obstacle course, a game of Tug of War, or making awesome kites, having a wacky games day can be a lot of fun and help the children use their imagination and creativity.

Don't forget to share your ideas with us [@BullyingUK!](#)





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Wear Blue for Bullying UK

To take a stand against bullying



***Wear Blue on 8 November 2019 and
help raise money for Bullying UK
#wearblueday***

www.bullying.co.uk

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



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Be Kind

#WearBlueDay

Date:

Say no to
bullying!

#ChooseKindness



Blue wig challenge



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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!

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

You can set up an online fundraising page via Wonderful and it is very easy to set up! Visit www.wonderful.org/charity/familylives for more information.

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**

Wonderful

You can donate your funds via our Wonderful fundraising page. For more information, visit 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

www.bullying.co.uk

   @BullyingUK

#wearblueday