

WEAR BLUE FOR WELLBEING

Campaign pack

**FRIDAY
13TH
NOVEMBER
2020**



WearBlue4Wellbeing

WEAR BLUE FOR WELLBEING

Bullying can have a massive impact on your mental and emotional health. Research has shown that if you're bullied as a child or teen, you might be twice as likely to use mental health services as an adult.

It doesn't matter if you're being bullied at school, at work, home or online, bullying can mess with your head. But you're not alone, and you deserve support.

We all know someone who has experienced bullying in some aspect of their life. We recognise that the impact of bullying can be a very difficult process to overcome. The scars can last for many years and can lead onto mental and emotional health issues.

We are asking schools, workplaces and local communities to get involved and wear blue on the 13th November 2020. This will help boost the wellbeing of those who have experienced bullying to minimise isolation and lift self-esteem.

**HELP US, SHOW SUPPORT AND GET INVOLVED
IN #WEARBLUE4WELLBEING.**

SUPPORT OUR CAMPAIGN

There are many ways you can support our campaign by getting involved. We need your help by:

- **Taking part in our campaign, whether you are a school, workplace or a family, get involved.**
- **Wear Blue for Wellbeing and make a donation so we can continue our vital work to help those who are struggling with day to day life.**
- **Display our posters or use our social media images on your platforms to show your support. Don't forget to tag us @BullyingUK and @FamilyLives.**
- **Use our anti-bullying resources to explore the issues of bullying and encourage open conversations.**
- **Look at positive ways to promote wellbeing within your school, workplace or family life.**

**HELP US, SHOW SUPPORT AND GET INVOLVED
IN #WEARBLUE4WELLBEING.**

SHARING IS CARING

We would love you to share this campaign on your social media channels. We have some suggested tweets and posts you can use:

We are proud to support #WearBlue4Wellbeing with @BullyingUK @FamilyLives

Wear blue on the 13th November 2020 to support those who are affected by bullying #wearblue4wellbeing @BullyingUK @FamilyLives

Boost wellbeing in 5 ways and help those who have experienced bullying #wearblue4wellbeing @BullyingUK @FamilyLives

Bullying affects wellbeing and creates isolation, show your support for those who are struggling and #wearblue4wellbeing with @BullyingUK @FamilyLives

Small acts of kindness can be a tonic for anyone who is experiencing issues with their wellbeing #wearblue4wellbeing @BullyingUK @FamilyLives



**TAG US @BULLYINGUK
AND @FAMILYLIVES**



WEAR BLUE FOR WELLBEING

We are wearing blue to help boost the wellbeing of those affected by bullying. Let's stand together.



#WearBlue4Wellbeing

13th November 2020

WWW.BULLYING.CO.UK



DOWNLOAD OUR IMAGES FOR SOCIAL MEDIA (INSTA-FRIENDLY)



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WEAR BLUE FOR WELLBEING

Here are some examples of what can help make you feel a little better. Small steps are huge strides!



Going for a nice walk in the park or the woods can help as nature makes us feel grounded.



Seeing friends and family can give a much needed boost. It might only be for a short amount of time, but you can build up to more visits at your pace.



Eating healthy and nutritious food can be really good for boosting your emotional health. It can make our bodies feel better which can help our minds feel good too.



Exercise can be fantastic too, it doesn't have to be too much, it could be a simple walk, yoga, boxing or perhaps a run. It is never easy to make a start but once you do, it can be a great way to boost your wellbeing. You can always take a friend with you too.



Boosting your wellbeing can be the first step in making positive and lasting changes.

#WearBlue4Wellbeing

#ChooseKindness

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WEAR BLUE FOR WELLBEING



Bullying can have an impact on emotional health. Show your support for those who have experienced bullying and wear blue for wellbeing.

#WEARBLUE4WELLBEING

#CHOOSEKINDNESS

WWW.BULLYING.CO.UK

13TH NOVEMBER 2020
#SAVETHE DATE

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WEAR BLUE FOR WELLBEING

5-4-3-2-1 coping technique to help your wellbeing.



5

Acknowledge FIVE things you can see around you. It might be your shoes, paper or anything around you.

4

Acknowledge FOUR things you can touch around you. This might be your hairband, socks or anything close to you.

3

Acknowledge THREE things you hear. This might be someone talking, a clock ticking or a bird outside.

2

Acknowledge TWO things you can smell. You could smell an item from your bag, desk or the room you are in.

1

Acknowledge ONE thing you can taste. If you cannot do this, maybe imagine the taste of the last thing you have eaten.

www.bullying.co.uk

#WearBlue4Wellbeing

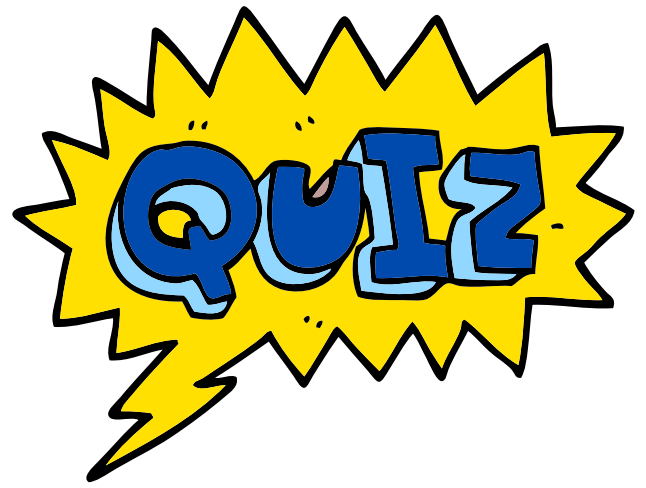
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#WEARBLUE4WELLBEING IDEAS TO MAKE IT A DAY TO REMEMBER...

Use our amazing cake toppers and get baking



Test your knowledge and have a quiz ...



Organise a quiz and use any questions you want. Make it fun and make it a challenge. You could have a themed one like movies or music. You could have categories too. You can do this online or in person within a classroom or workplace.

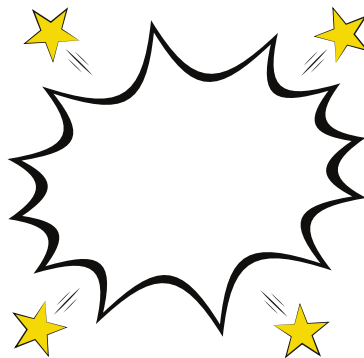
Create a wellbeing superhero



We all love superheroes and have a favourite one. This activity would be great in a classroom setting. They can work together or individually and create a wellbeing superhero .. and don't forget to include their super power!

Create a storyboard with your wellbeing superhero

Use the superhero you have created to produce a storyboard using either comic strip styles or written work. Remember the use wellbeing as the theme and you can use the icons below.



Positive wellbeing activities



Grow something simple, maybe some herbs or a plant and maintain it to help it grow. This can really boost your wellbeing.

Gentle exercise in moderation can really lift wellbeing. It can release endorphins and give you a much needed boost.



Get cooking or baking as it can really help to make you feel happier. There are lots of good foods to help you build your immune system.

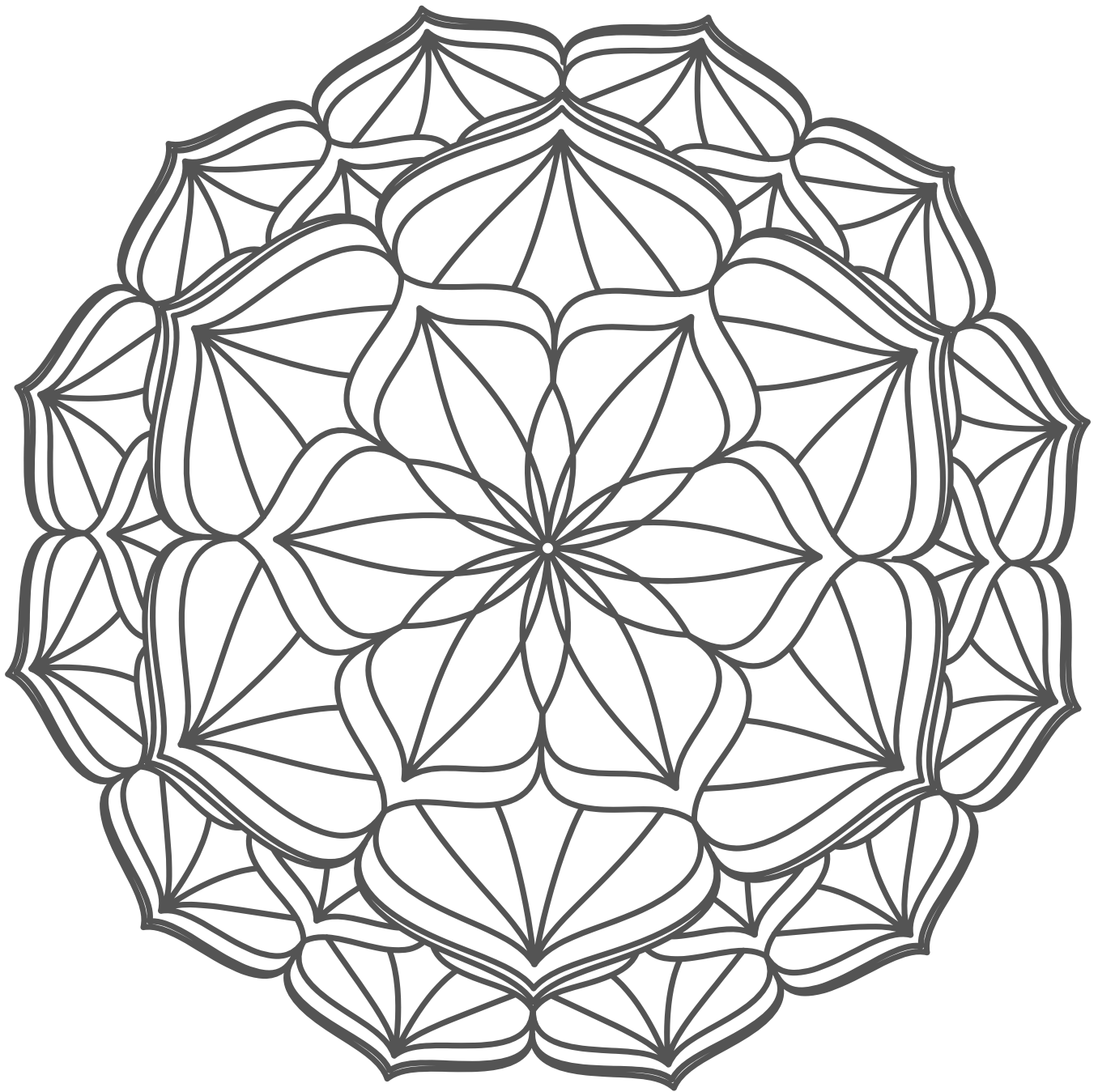
Learning simple breathing techniques or a quick guided meditation can help your body fall into a deep relaxation. There are lots of online content available and it is good for all ages.



Getting back to nature is a great way to boost your wellbeing. It can be your local park, woods or even the beach if you live close enough. It can help you feel grounded.

Scribble the stress away

Getting back to nature is a great way to boost your wellbeing. It can be your local park, woods or even the beach if you live close enough. It can help you feel grounded.



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CONTACT US FOR MORE INFORMATION:

EMAIL US: WEARBLUE@FAMILYLIVES.ORG.UK

VISIT US: WWW.BULLYING.CO.UK



@BULLYINGUK

@FAMILYLIVES

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