

Essex Child and Family Wellbeing Service Newsletter



An important Healthy Schools message from Essex
Child & Family Wellbeing Service

Subject: **Anti-bullying week**
Date: **November 2021**
Issue: **No. 29**

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on Anti-bullying for [Anti-bullying week](#)!



Healthy Schools

ESSEX

Family Wellbeing

[Anti-Bullying week 2021](#) will run from Monday 15th to Friday 19th November. The campaign is organised by The Anti-Bullying Alliance. You can access the parents and carers information pack [here](#). Their website is packed full of useful [information for parents](#) about bullying including;

- Restorative thinking and positive relationships
- Helping your child if they are being bullied
- Spotting the signs
- Cyberbullying
- Your child has been accused of bullying others
- Information, advice and support

They also have an [interactive information tool](#), providing information on bullying.

The NSPCC have lots of information and support including [how to report bullying videos](#) or content which has been shared online.

Childline is packed full of great content on the [different types of bullying](#) for children and young people including;

- Bullying on social media
- Racism and racial bullying
- Faith and religious bullying
- Homophobic and transphobic bullying.

There is also advice for children and young people to support them [get through a tough time](#).

Make sure you like our Facebook pages to stay up to date with things going on in your local family hub or delivery sites.

Don't forget you can always contact your Healthy Family team for support on;

Mid Essex Tel: 0300 247 0014

North Essex Tel: 0300 247 0015

South Essex Tel: 0300 247 0013

West Essex Tel: 0300 247 0122

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to Essex.Communications@virginicare.co.uk