



"YOU ARE
NOT
ALONE..."

LITERATI:

Stand Kind.
Speak Up.
Shine Together.



This year's theme, **'Stand Kind. Speak Up. Shine Together,'** invites students to recognise their **individual power to act and support one another** — by identifying bullying, standing against it, and creating a **trail of positivity** that echoes through the once-silenced walls of despair.

We believe that **kindness is courage** — and that no one should ever feel small, unseen, or unsafe.



LKF Anti-Bullying Week is a call to action to build communities founded on respect, empathy, and belonging.

Together, we can inspire a generation to replace fear with friendship, silence with support, and cruelty with courage.

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SHINE
TOGETHER

STAND
KIND

SPEAK
UP

HUMAN &
EQUALITY RIGHTS

MENTAL AND PSYCHOLOGICAL EMOTIONAL BULLYING & RACISM



Mental and Psychological Emotional Bullying

Mental or emotional bullying is just as damaging — even when it's silent.

It targets a person's **confidence, identity, and sense of belonging.**

Examples include:

- Name-calling, teasing, or humiliation
- Spreading rumours or false information
- Excluding or isolating someone socially
- Manipulating emotions, guilt, or fear
- Online harassment, death threats and cyberbullying
- Verbal cruelty and intimidation



Racism

Racism is not just about words or actions – it's about **prejudice, exclusion, or unfair treatment based on race, ethnicity, or skin colour.** It can appear in **classrooms, workplaces, communities, or online.**

Examples include:

- Using offensive language or slurs
- Making assumptions or stereotypes about someone's background, religion, race, ethnicity, beliefs, gender inequality, and identity.
- Excluding individuals from activities or opportunities
- Cultural disrespect or mockery
- Unequal treatment in rules or expectations

Equality in Action – Kindness Without Barriers

We stand firmly against racism, discrimination, and stigma in all forms. Every person – regardless of their background, culture, or identity – deserves to be treated with dignity, fairness, and respect. Racism harms not just individuals – it divides communities. Recognising it is the first step toward change.

We recognise that Mental and Emotional Bullying often leaves no visible marks – but its impact can be just as painful and long-lasting as physical harm. Emotional bullying attacks a person's sense of self-worth, safety, and belonging. It can cause deep internal scars that affect how someone thinks, feels and connects with others.

When we stand kind - We Stand Strong



Through LKF's Literati creative workshops, mindful discussions, and youth-led initiatives, we empower children and young people to:

- Help students understand what bullying is and how they should seek help.
- Recognise their self-worth and value the uniqueness of others.
- Speak up against injustice with compassion and confidence.
- Express themselves creatively through art, writing, and performance.
- Foster safe and supportive spaces where kindness and understanding thrive.

Identifying Bullying - Physically and Mentally



*Awareness is the first
step to change*

Bullying can take many forms — some we see, and others we feel. Recognising both physical and mental bullying empowers individuals to respond with awareness, courage, and compassion.



Physical Bullying

Physical bullying involves any intentional harm or intimidation using physical actions.

Examples include:

- Hitting, pushing, or tripping someone
- Damaging personal belonging
- Threatening with physical aggression
- Isolation - excluding others through force and fear

Physical bullying often leaves visible marks, but the emotional scars can last much longer.



LKF's Message:

"We teach that *every act of kindness is a shield against bullying.*" By learning to recognise the signs – both physical and mental – we can protect ourselves and others, transforming our communities into **safe, compassionate spaces for all.**"
See Glossary 'The Healing Plan' pages