

# 'MAKE A NOISE ABOUT BULLYING' GRASSROOTS FOOTBALL CLUBS INVITED TO SUPPORT ANTI-BULLYING WEEK & ODD SOCKS DAY 2023

Anti-Bullying Week is a campaign co-ordinated by the Anti-Bullying Alliance. This year it is taking place from **Monday 13th to Friday 17th November** with the theme 'Make A Noise About Bullying'. We are encouraging clubs to have positive conversations about the fine line between banter and bullying.

**Effective teamwork is key to footballing success – on and off the pitch. Mutual respect and understanding are vital ingredients. Bullying is not.**

Having a clear understanding of how 'banter' can cross the line and become bullying is important for every club. The Anti-Bullying Alliance are inviting Coaches, Welfare Officers, parents, and carers to get involved by starting positive conversations in their football clubs.

**"This Anti-Bullying Week we want you to help make a noise about bullying, focus on how to recognise playful banter as well as empowering young people to speak up when the line is crossed,"** says Martha Evans, Director of the Anti-Bullying Alliance.

The Alliance defines **bullying** as: "The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online."

Meanwhile, **banter** is: "The playful and friendly exchange of teasing remarks."

## HOW CAN YOUR CLUB GET INVOLVED?

1. **Make a noise:** Start the conversation, clearly communicate that your club won't tolerate bullying. Make sure your club's anti-bullying policy is easily available.
2. **Report concerns:** Make sure players and parents/carers know how to report any concerns.
3. **Signpost parents/carers:** to the Anti-Bullying Alliance's resources [here](#).
4. **Odd Socks Day:** Join the fun by wearing odd socks during any day of the week to celebrate difference. You can find out more about 'Odd Socks Day' [here](#).

**LEARN MORE ABOUT ANTI-BULLYING WEEK AT** [www.anti-bullyingalliance.org.uk/abw](http://www.anti-bullyingalliance.org.uk/abw) and get in touch with us at [aba@ncb.org.uk](mailto:aba@ncb.org.uk). Join us in making a noise against bullying and fostering a culture of respect and acceptance on and off the pitch.

**SHARE YOUR ACTIVITY:** Let football know how your club is promoting Anti-Bullying Week and Odd Socks Day on social media. Tag us and use the hashtags #AntiBullyingWeek, #MakeANoise and #OddSocksDay.