

stay strong :)



No matter what your age, colour, gender, size, shape, personality, skills, difficulty, disability, dreams, aspirations, background...

NO-ONE DESERVES TO BE BULLIED!

www.staystrong.org.uk



@Stay_StrongUK



facebook.com/staystronguk

What is Stay Strong?



Stay Strong was created by Amy Jones, a 17 year old young person who has overcome bullying and gone on to create an award-winning anti-bullying organisation based in Cornwall. Amy created the campaign to:

- Educate young people on the impact of bullying
- Give hope to those bullied that together we can create a happy ending
- Share stories and come together to support those suffering from the effects of bullying
- Show that organisations can help you or someone you know being bullied
- Update you on how, working together, we can reduce the bullying statistics currently in the UK
- Send out a positive message that together 'we can overcome bullying'



Top Tips

Amy's top tips on what to do if you are being bullied

- 1 Tell someone
- 2 Don't bottle it up
- 3 Keep a diary and don't delete anything
- 4 Stay Strong and be yourself
- 5 Try to remember it's not your fault

Amy's top tips for Schools reviewing their anti-bullying strategy

- 1 Involve your students in the process
- 2 Shout about your school's strategy - It could make the difference!
- 3 Reinforce the Anti-bullying message in lessons - Practice what you preach
- 4 Develop an anti-bullying ambassador programme
- 5 Create safe places and plans for victims of bullying
- 6 Be prepared to take action against bullying in your school

Stay Strong Aims

The Stay Strong team will come to your group, school, college or business to work with you to develop strategies to help put a stop to bullying.

Stay strong aims to promote environments where people feel safe and happy.

Schools and college offerings:

- Stay Strong will develop a programme tailored to meet your groups requirements.
- Stay Strong will deliver assemblies on bullying related topics, or targeted PSHE lessons to any school/college or group throughout Cornwall.



Watch this space...

In 2015 we will
be hosting a:

Stay Strong Day

Including various workshops,
such as:

- Anti-bullying awareness
 - Creative dance
 - Confidence building
 - Assertiveness
 - Team building
 - Poetry
 - Raising aspirations
 - Self-esteem building
- and much much more...

Help Lines

ABC (Anti-Bullying in Cornwall)

01872 222447

www.abccornwall.org.uk

Young People Cornwall

01872 222447

www.youngpeoplecornwall.org

Victim Support

0845 3030 900

www.victimsupport.org.uk

Childline

0800 1111 (24 hour helpline)

www.childline.org.uk

Kidscape

08451 205 204 (parents helpline)

www.kidscape.org.uk

Click CEOP

(to report Cyber Bullying)

ceop.police.uk/Ceop-Report

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