

**The theme: Change Starts With Us**

We have worked with over 1,000 children and young people to decide the theme for this year. The theme aims are as follows:

**Small change. Big difference.**

**Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child’s life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.**

**Change starts here.**

**Change starts now.**

**Change starts with us.**

This year the goal is to inform schools and settings, children and young people, parents and carers to know that it takes a collective responsibility to stop bullying. We are excited for this campaign as we want to create empowering, positive messages addressing the fact that when it comes to bullying *CHANGE STARTS WITH US!*

*For more information, go to* <https://tinyurl.com/y28pfovg>