

Anti-bullying toolkit for teachers and education staff



Anti-Bullying Week 2026 takes place from 16th to 20th November with the theme 'Break the silence'.

Bullying can affect anyone, including staff in the workplace. This Anti-Bullying Week, we're encouraging education staff and leaders to break the silence around workplace bullying, start important conversations and help create safe and respectful working environments for everyone.

Explore our resources for support and advice on recognising bullying at work, what to do if it's happening to you, and how schools and colleges can create workplaces where staff wellbeing is prioritised.

Resources

Psychological safety guide

Our psychological safety guide outlines what psychological safety is, why it's needed in schools, what it looks like in the school environment, and the role of leaders in creating it.

Joanna's story: finding a way forward after bullying

Primary school teacher Joanna broke down one Sunday afternoon because she couldn't face going into work the next day due to bullying. She shares how our helpline really helped her.

Bullying and harassment guide

If you work in education, your workplace probably has a bullying policy for pupils. But are staff equally protected? We explain how to recognise bullying and harassment at work, and how to respond if it is happening to you.

Psychological safety audit

Our psychological safety audit is your starting point for helping your school, college or university develop a culture of psychological safety.

Building collegiate relationships in schools

Our guide looks at the importance of staff relationships, and how building a collegiate environment is a fundamental pillar for building protective resilience and improving wellbeing

Resources

Managing disagreements at work

Teachers and education staff manage a range of relationships every day. Disagreements are inevitable, but what can you do about them?

5 tips for active listening: try BUILD

Active listening is an important skill for school leaders to help build relationships with their staff. Our article includes key points to remember when having conversations with your colleagues.

Dealing with difference: why workplace relationships aren't always easy

How teachers and education staff can feel connected and supported through positive social relationships at work.

Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



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Get our latest wellbeing resources, events and news straight to your inbox!