

Bake cakes and sell to friends, family, classmates and co-workers. You can share the love with the Levi Roots' Love Buns recipe or use your own recipes. Pop on an ABA cake topper and you're good to go!

Get knitting. Blue is the colour of Anti-Bullying Week - so get sponsored to knit blue triangles and turn them into bunting or flags to show your support for the week.

Create a festival of stars.
Put on a show. Sing, dance, act, do cartwheels - whatever it takes to celebrate all your unique wonder and brilliance.

Hold sporting contests with a difference. Invite the police, the fire service or even your local MP to take part. Stick to traditional sports or use alternative games such as Twister or Scrabble. Use these events to put anti-bullying principles of respect and sportsmanship into effect.

Recreate a cinema. Show films that get people thinking about bullying and charge a fee for entry. You could order a copy of 'What happened to J?', a film produced for Anti-Bullying Week 2012 and available through our website.

Dress as people who have influenced your life for the

better – these could be famous people who have inspired you, or it might be someone from your family or your local community.

Make cards of inspiration and encouragement – these can be shared with others when they are feeling down.

Have a ' pick-me-up' party – invite members of your community to give a donation for a quick pick me up – it could be a cup of tea and a piece of cake, a spicy curry or a quick manicure!

We would love to see your photos and hear your stories. These can be used to make us smile in the office and to get others involved. Please send to aba@ncb.org.uk or post on our Facebook page www.facebook.com/antibullyingalliance.

If you do decide to raise money for the Anti-Bullying Alliance you can set up a fundraising page with Virgin Money Giving. Please note that the Anti-Bullying Alliance is hosted by the National Children's Bureau (NCB) – and NCB are the registered charity.

We have included a sponsorship form in this pack if you would rather use this than an online tool.

Cheques should be made payable to the 'Anti-Bullying Alliance' and sent to Anti-Bullying Alliance, NCB, 8 Wakley Street, London, EC1V 7QE. Alternatively, you could donate through our Virgin Money page- http://uk.virginmoneygiving.com/AntiBullyingAlliance. We do not recommend that you post cash.

Please don't forget to send your name and contact details so we can say thank you.

If you have any questions or concerns about fundraising for the Anti-Bullying Alliance please contact us at fundraising@ncb.org.uk

If you are under 18 years old please get a parent or guardian's permission before you start fundraising for Anti-Bullying Alliance.