

KINDNESS DAY UK

FRIDAY 13TH NOVEMBER 2026

FOUNDED BY
ACT AGAINST BULLYING

ANTI-BULLYING WEEK

MON 16TH - FRI 20TH NOVEMBER 2026

KINDNESS DAY UK FALLS ON THE FRIDAY BEFORE ANTI-BULLYING WEEK.

**SPEAK UP, DON'T STAND BY.
SAY SOMETHING WHEN SOMEONE GETS
TREATED BADLY.**



COOL TO BE KIND

KINDNESS BEATS BULLYING

ACT AGAINST BULLYING

Share your kind acts online and help others
realise it's cool to be kind. Follow and tag us:

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