

a campaign by

Act Against BULLYING

Helping children who are bullied at school

www.actagainstbullying.com



REDUCE AGGRESSION ON
TV AND IN THE MEDIA...

...AND HELP REDUCE
BREEDING 'COPYCAT' VIOLENCE
IN SOCIETY

Research shows that constant exposure to violent programmes can cause mood swings, anxiety and irrational behaviour

**GRADE
NOT
DEGRADE**