

Anti-bullying Week 2019

Ariana's story



1. As the pupils enter

Have the webpage open:

<https://www.bbc.co.uk/programmes/articles/59cSTcgLq2S1fjXX744MfkD/anti-bullying-week>

Play your chosen music and display the image of two friends in school:

http://downloads.bbc.co.uk/schoolradio/assemblies/images/anti_bullying_week.jpg

2. Introduction

Ask pupils for words to describe the picture of two friends - eg: 'friendly, caring, inclusive, welcoming, happy'. Now ask for opposites of these adjectives - eg 'unfriendly, uncaring, excluding, hostile, miserable'. Ask: **Why would anyone choose to be unhappy? Why would anyone choose to be unfriendly? Why do some people choose to be bullies?** Gather responses and refer to Anti-Bullying Week. Add: **One of the ways we can deal with bullying is to understand what drives someone to do it. That way, we can help them stop.** Introduce the video.

3. Play the video

The duration is 4' 32". The final words are: 'So I just had to get used to it.'

4 & 5. Time to talk

Tell everyone: **Friendship can be a cure for bullying. Our friends support and look after us. They make us feel wanted. But how do we make friends? One good way is to find things we have in common.**

Choose pairs of pupils from different year groups and give them two minutes to step to one side and find something they have in common. To help, give them a list of prompts: animals, food, colours, favourite places, etc. Then start a discussion with the rest of the children about the video they have just seen.

Begin with: **Does understanding why someone is a bully excuse their behaviour?** (No). **Can a bully change?** (Yes - everyone can). **If you feel sad, scared or unhappy about the way someone has treated you, what should you do?** (Guide the children towards telling a friend, parent or teacher).

Remind pupils a way to dealing with bullying is to form good relationships by finding common ground. Invite your pairs of pupils to share what they have found in common with one another.

Ask: **What advice would you give someone to help them stop being a bully?** End the discussion with: **Remember, it's not your fault if someone else is a bully. You deserve to be happy and safe and free from bullies. When bullying happens, we can all do something about it using the positive power of friendship. Everyone can change. But if you are being bullied, tell somebody, so the bullying can stop.**

Play video



6. Time to sing

An opportunity to sing your chosen song.

7. Opportunity to reflect

We are all different, but we are all capable of friendship, sharing and respect...

If we respect others, then they will respect us in return. That's how friendship and how sharing works...

We are all different, but we are all together in one school community... Think to yourself now about how you will show respect for others today...

8. Opportunity for prayer

Use your standard form of address ('Dear God', etc) and:

*We thank you for our friends.
Help us to value and respect the things that matter to them and to share with them true friendship in return.
Amen.*