

Anti-Bullying Week.

Assembly:

<p> What does the word 'bullying' mean to you?</p> <hr/>  <hr/>	<ul style="list-style-type: none">• Ask the children to say what they think 'bullying' is.• Steer responses to show that bullying isn't always physical and doesn't always happen face-to-face. Try to get the children to talk about bullying online or via their phones.• Explain that bullying can be as simple as just ignoring someone. You could even use the ABA definition of bullying: the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.• Link to the next slide by suggesting that those who bully often target individuals who are different in some way.
<p> What makes us different?</p> <ul style="list-style-type: none">• No two of us are exactly the same.• It's these differences that make us interesting and diverse.• Wherever we go, we can always find diversity all around us. <hr/>  <hr/>	<ul style="list-style-type: none">• Use this slide as a starting point to talk about diversity.• Ask the children to look at the child next to them and think of at least one difference and one similarity between them. Focus on the idea that it's these differences that make us unique – but that we also have so much in common.• Tell the children that they should be confident and proud of the things that make them different and that they should respect and celebrate the differences they see in others.



It's NEVER the victim's fault

- No matter what anyone says, it's never your fault if you're being bullied.
- Don't retaliate.
- But there are other ways you can respond to bullying.



- Explain to the children that those who bully often use phrases like: "You made me angry", "You shouldn't be so annoying" or "It's obvious why you haven't got any friends". All of these phrases make victims of bullying feel like it is their fault, but that is never true.
- Ask their children what their first reaction would be if someone hit them or said something nasty to them. Talk about what might happen if you choose to fight back, send a nasty message in reply, or seek to embarrass the other person. Will this resolve the problem? Will it be clear who is in the wrong?
- Introduce the next few slides by explaining that there are other ways that we can protect ourselves from bullying behavior. What can we say to ourselves to make ourselves feel better? What would you say to a friend who is being bullied? Remember if you are bullied it is not your fault.



Power for Good

[Anti-Bullying Week 2016 - runner up film from Clayton Hall Academy](#)

WORDS HURT
**THINK BEFORE YOU
SPEAK**

<https://youtu.be/5Ips1TVcg1E>

Ensure clip works prior to assembly

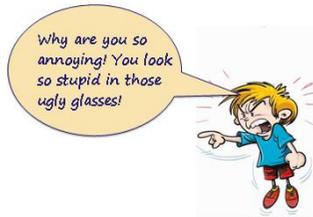
- Once it is finished, ask the children to think about how the girl is feeling. What is the impact of the unkind words. How do these words compare with the kind words later in the video? How much happier does the girl seem by the end?
- Stress that it is important to respect other people and be kind. Do things that make you feel good, and help you to relax and make new friends.
- Remember you don't have to be everyone's friend, but it's important to be nice to everyone. If you do something wrong, remember to say sorry, and make sure you always treat others as you would like to be treated yourself.

Is it bullying?



- The next few slides show different scenarios. Use them to discuss what bullying actually is. Remember, it must be persistent and intentionally harmful.
- In this image, the girl is saying "I'm so glad I don't have to wear glasses". It may be that she hasn't noticed that the other girl is wearing glasses, or she doesn't realise that what she's saying is hurtful. In this case she is being rude.

Is it bullying?



- In this image, the boy is angry. He is being intentionally hurtful, but it's a one-off. It may be that he has fallen out with a friend and lost his temper. What he is saying is mean, but it's not really bullying unless it's happening often. The boy should make sure he says sorry after he has calmed down.

Is it bullying?



- This image shows bullying. Cyber bullying is threatening, intentionally hurtful and repeated over time. It leaves the person experiencing the bullying feeling alone and worthless.



Is it bullying?

Rude	Mean	Bullying
<ul style="list-style-type: none">• Unintentional• Hurtful• One-off	<ul style="list-style-type: none">• Intentional• Hurtful• One-off	<ul style="list-style-type: none">• Intentional• Hurtful• Happens more than once, even when you ask them to stop or show that you're upset.

- This slide seeks to explain the difference between one-off rude or mean behavior, and bullying. Read out the ABA definition of bullying: *hurting another person, or group, on purpose, more than once. Bullying can involve using violence, words or ganging up to make another person feel helpless. It can happen face t face or through the internet.*



Use your Power for Good



- As we saw in the video, we all have the power to make or break someone's day by what we say, or how we make them feel. How can you use your Power for Good to stop bullying?
- Ask the children to say how they might use their Power for Good. Praise responses that suggest a strong and confident response to bullying (e.g. approaching a school councillor/older student or reporting bullying content on social media sites), but do not encourage retaliation.