

# Anti-Bullying Week 2018

## PRIMARY SCHOOL PACK

choose  
respect

#ANTIBULLYINGWEEK



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# INTRODUCTION

**Anti-Bullying Week 2018 is happening from Monday 12th – Friday 16th November and has the theme 'Choose Respect'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau.**

The aims of the campaign are to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

- The definition of respect
- That bullying is a behaviour choice
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other, both face to face and online

**All of the ideas in this pack are designed to help schools to celebrate Anti-Bullying Week.**

## ASSEMBLY PLAN

The assembly is designed to teach children to understand what respect is and to encourage children to think of the fact that respect is a choice that we can make in different situations over disrespect or bullying.

## LESSON PLAN

Following on from this, the lesson focuses on how children might make decisions about how to be respectful. It includes a series of statements that need to be considered with the aim of generating discussion between children to come to a reasoned conclusion.

There is no correct or incorrect answer to them – the aim is justification. Examples are given as to how to extend the task for the older children as necessary. The timings are only a guide and extra time may be needed to ensure that the children's ideas can be fully explored.

To complement the activities, we have developed a short film to show with staff and pupils.

## CROSS CURRICULAR IDEAS

The cross curricular ideas take the theme of respect further. All of them require the same main objective to be explored: what ways can we show respect to ourselves and others?

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# Odd Socks Day



## Monday of Anti-Bullying Week

This year we are holding **Odd Socks Day** with the support of **Andy Day**, cBeebies star and front man of **Andy and the Odd Socks**. It's a chance for primary schools to celebrate **Anti-Bullying Week** in a positive way by asking pupils to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. **All you have to do to take part is wear odd socks, it couldn't be simpler!**

Odd Socks day will take place on the **first day of Anti Bullying Week, Monday 12th November** to help raise awareness for Anti-Bullying Week. It comes with a school pack of lesson plans and activity ideas which you can find [HERE](#).

You do not have to raise money for the Anti-Bullying Alliance to take part in Odd Socks Day. However, if you were able to consider asking pupils to donate 50p it will help us to continue running Anti-Bullying Week each year.





# ASSEMBLY PLAN



## AIMS



- To help children understand the definition of respect and relate this to real life examples.
- To understand that respect is a choice that can be taken by the individual.

## RESOURCES AND PREPARATION (Click the links to download the assets)



- Two teachers to act as a 'polite' and 'rude' person on the way into assembly.
- Before the assembly, ask all the teachers to inform the children that something is going to happen today that doesn't normally on the way to assembly. They have to think about how it makes them feel when they notice. They might be asked about it in the assembly.
-  [PowerPoint Presentation](#)
-  [YouTube Film](#) (1 min 40 secs) – please watch the film before showing it to pupils. We are not responsible for other films on YouTube that might be suggested watching by YouTube and please ensure you turn off auto-play to avoid accidentally playing content from outside of the Anti-Bullying Alliance.

## ASSEMBLY

### ROLE PLAYING ENTRANCE

As the children are walking into assembly, have two teachers (if it is appropriate for your school) acting in ways that demonstrate good and bad examples of respect. For example, one could welcome the children with a smile, a handshake or a wave, always being polite. The other could be demanding – pointing to where they need to sit, using short clipped sentences like 'Over there!', turning their face away as people look at them, tutting etc.

As the children are settled and waiting for assembly to start, call the teachers who were 'greeting' the children over to the front. Thank them for their role play and emphasise that they were the thing that would not normally happen on the way to assembly. Ask all the children to think again about how they felt about the differences in the way they treated others on their arrival.

Ask the assembled children to think of a word that they can think of to describe how the 'rude' person made others feel, for example, sad, upset, angry, alone, concerned etc.

Now ask the assembled children to think of a word that they can think of to describe how the 'kind' person made them feel, for example, happy, joyful, positive, welcomed, together etc.

Compare the two groups of words with the children and explain that today we are looking at what respect means. Tell the children that the rude person showed a lack of respect, whereas the kind person showed everyone a great deal of respect.

### SHOW SLIDE 2 OF THE PRESENTATION

This slide gives the definition of 'respect'. **Explain this to the pupils.**

### SHORT FILM

**Show the YouTube film to the audience.**  
**Once the film finishes ask the following questions:**



- What was the message in the film
- How can we show respect to each other in school?
- Should we be showing respect to each and every one of us?

In everyday life we can CHOOSE to be rude or show people with respect. If we choose the rude way then we will make people feel... sad, unhappy, alone etc. This could be bullying and unkindness to others. But if we choose kindness and respect we can make people feel like they belong and happy in school. In this school we value each other and it's important to make the right choices and show respect.



## REFLECTION

Think about what you would do if you saw someone showing disrespect to someone in the school. Who would you go to? How would you respond?

Think about one part of the school this week where you are going to show respect to yourself and others – playground/classroom/dining hall? It does not have to be a big thing. It could be an 'unseen' act of kindness that helps someone and shows respect.

### SHOW SLIDE 4 OF PRESENTATION

You could ask the young people to shout 'We choose respect at [school name]'.

#### You should share with them:

- Anything else that the school is doing for Anti-Bullying Week 2018, for example, lesson plans fundraising activity, reviewing the school anti-bullying policy etc.
- How the children can report bullying and anything they might be worried about







# LESSON PLAN

## AIMS



- Understanding what practical examples of showing respect look like
- Identifying which example of respect you feel are most important and providing a justification for your choice

## TIME





- 60 mins

## RESOURCES AND PREPARATION (Click the links to download the assets)



This lesson should take place AFTER the assembly

- Sticky notes for the starter activity
-  [Handout Sheet 1: Respect example](#)  
(This will need cutting up into 8 pieces)
-  [Handout Sheet 2: Describing respect](#)
- Big piece of paper
- A4 paper (perhaps in different colours)
- Scissors

## STARTER - (15 mins)

Discuss the assembly with the children. Recap on what they understand 'Respect' to be. Recap on some of the words that went with respect, e.g. polite, listen, kind, caring, thoughtful.

Give each of the children a sticky note and ask them to write something positive about the person they are sat next to on it. For example, Jamal always makes others smile when he speaks to them; Ava will look out for those people who are by themselves in the playground etc.

For younger children you could provide them with a writing frame, for example,

..... is ..... (e.g. David is kind).

Once all the children have written on the sticky note, encourage them to place it on a wall/whiteboard in the class. Emphasise that these will be written up neatly later and made into a 'Respect' display for the rest of the year.

When all the sticky notes are on the board, bring the class together and allow them to look at them for a minute or two. Read out a few of the notes but do not include the names at this stage – so as to include all the children. Explain that all the notes are examples of showing respect and kindness.

## MAIN - (30 mins)

Place the children into their pairs or groups for this activity. Display Handout Sheet 1: Respect examples. Allocate 1-2 examples per group. Ask them to fill in Handout Sheet 2 questions. **The questions are:**

- What is your example?
- How would this make someone feel?
- Why does it show respect?
- Why should we do this in school?

The groups/pairs will read out their example and the answers to their questions to the group. Final question to the group: are there any other respectful actions missing from these statements?

## OPTIONAL EXTENSION ACTIVITY

Could the children come up with a poem weaving together all the respectful statements that they can read out to the group?

## TO FINISH - (15 mins)

To emphasise the key message that respect is a choice we can make the final activity asks pupils to pledge their commitment to respect.

Handout A4 paper to each pupil and all staff in the classroom. Ask them to draw around their hand and cut it out. They can then write their name on each paper and colour it in the way they'd like to.

Ask each pupil to pledge to choose respect in their school and put their hand cut out on the big display paper that can then be put up in class.







# CROSS CURRICULAR IDEAS

## ENGLISH - Synonyms and antonyms



Using the list below identify the words that mean the same as respect and the words that mean the opposite: **Criticism, disdain, dishonour, disregard, disrespect, neglect, bad manners, appreciation, consideration, dignity, esteem, honour, regard, tribute.**

## MATHEMATICS - Codes



Using the simple code **A = 1, B = 2, C = 3** etc. ask the children to write a message to someone in the class (make sure each pupil has a message) about something they like about them. Then get them to write a different one with an example about how they might show respect to others.

**For older children:** Ask them to create calculations using the numbers e.g. **7-4 = 3 = C** to create their own messages. Encourage use of all four operations.

## SCIENCE - Symbiotic relationships in biology



Look at how certain plants and animals work together to help each other to survive e.g. **clown fish and sea anemones; bees and pollen; crocodiles and plover birds.**

**Discuss how each of these benefit each other.** For example, the clown fish gets protected and in return the anemone is kept clean of algae; bees eat the pollen but collect it on their legs and fertilize other plants so they can reproduce and the plover bird gets a meal and the crocodile doesn't get infections in its gums and teeth.

## HISTORY - Biographical story



**Martin Luther King** – share the details of his life and the civil rights movement. Discuss how during the civil rights movement he promoted non-violent resistance and how he showed others respect even though they disrespected him.

Discuss Michelle Obama's statement '**When they go low, we go high**'. What did she mean by this?

## ART - Exploring genres



Get children to compare different artists that have very different styles; **Mondrian, Warhol, Van Gogh, Picasso.** Get them to look at what they really like about them – not what they don't like. **Emphasise the appreciation of each one in their own right.**

**Split a piece of A3 into 4 quarters with the word RESPECT across the whole piece, which can be coloured/painted inside the letters. In each quarter use the techniques of each of the 4 artists to make one piece.**

## MUSIC - Orchestral togetherness and composition



Look at the structure of an orchestra and how the different groups of instruments both complement those within their group and others across it. Explore the different sounds of each family of instruments. **Show video of orchestral music building as instruments are added.**

If the school has boom whackers or a range of percussion instruments choose a simple piece of music to get all the children to play together ensuring **they understand everyone has an important role to play.**



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# OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2018

1. One Thursday of Anti-Bullying Week take part in **Stop Speak Support Cyberbullying Day** which is supported by the Royal Foundation and has many of resources including lesson plans and activity ideas to help you.
2. On Monday of Anti-Bullying Week we hold **Odd Socks Day** where we ask schools and organisations to wear odd socks to school to celebrate what makes us all unique.
3. Sign up to be a **supporter of Anti-Bullying Week** online where you can download a certificate for your school to display.
4. Display the **Anti-Bullying Week Poster** up around school.
5. You are able to purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our **online shop**.
6. You can share our **top anti-bullying tips** for parents, pupils and teachers amongst your school.
7. We have **free CPD anti-bullying online training** available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so don't delay - complete today!
8. Anti-Bullying Week isn't government funded so we need to raise funds to run it each year. If you are able to fundraise for us or any of our member charities during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to **fundraise for us in Anti-Bullying Week here**.
9. Review your anti-bullying policy as a school. We have some handy **tips to help with developing your anti-bullying policy**. Anti-Bullying Week is a great opportunity to review you policy as a school.
10. We've worked with **Restorative Thinking** to develop a **short guide for schools** about restorative approaches in schools and respect.



Please share your activity with us on social media. Use the hashtag **#AntiBullyingWeek** and **#ChooseRespect**

We love to see what you're doing. Share with us your videos, artwork and messages.



@abaonline



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Anti-Bullying Week is coordinated by the [Anti-Bullying Alliance \(ABA\)](#) in England. We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

1. Supporting learning and sharing best practice through membership
2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns
3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives

ABA is based at leading children's charity the National Children's Bureau.

We would like to extend our thanks to [SafeToNet](#) for supporting Anti-Bullying Week again this year. SafeToNet are an award winning company using technology to protect children and young people online.

We'd also like to extend our thanks to [Unique Voice](#) for developing the films for Anti-Bullying Week 2018 and all the young people in the films. Unique Voice works with young people through schools and the community to empower children emotionally through the use of Drama and the Arts.

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