

Anti-Bullying Week 2018

SECONDARY 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 encourage students to think about what they consider respect to be. It aims to:

- Develop an understanding of the concept of respect and understand that they can choose to respect
- Identify respectful and disrespectful behaviours and the impact of such behaviours
- Encourage children to evaluate their own views regarding respect

LESSON PLAN

Following on from the assembly, the lesson focuses on exploring what respect means to each individual student and identifying respectful behaviours. The students will discuss how some specific situations can be changed so that they are more respectful.

Examples are also supplied to extend tasks or make tasks easier when necessary. The timings are only a guide and extra time may be needed to ensure that the students' opinions and thoughts are fully explored.

CROSS CURRICULAR IDEAS

The cross curricular ideas take the theme of respect and apply it to a range of subjects.

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CYBERBULLYING DAY

Thursday of
Anti-Bullying Week

This year we are holding our first ever **Stop Speak Support Day** shining a spotlight on cyberbullying.

The day is supported by the **Royal Foundation** and the **Duke of Cambridge**. We have developed tools and resources as well as a code of conduct for young people which you can access [HERE](#).



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ASSEMBLY PLAN

The assembly is designed to encourage students to think about what respectful behaviour looks like and why the world is a better place when those around us feel valued, supported and able to be themselves and voice their opinions freely.

AIMS



- Develop children's and young people's understanding of what respect is and what it might look like
- Help children and young people understand the importance of respecting themselves and others around them

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



-  [PowerPoint Presentation](#)
-  [YouTube Film](#) (1 min 35 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.

SHOW SLIDE 1 OF PRESENTATION

Begin by asking if we can all think about events that have happened over the last 12 months in the media when people have not shown respect towards others. For example, people in the news, on YouTube and on social media have been accused of lacking respect.

SHOW SLIDE 2 OF PRESENTATION

Tell the students that today we are going to learn about the importance of respect – what does respect mean to you and what might it mean to others?

Say that the dictionary definition of having respect is to **'have due regard for (someone's feelings, wishes, or rights)'**. Ask for more examples of what respect means from the audience e.g. it means being thoughtful and considerate of other people's feeling, behaving in a polite manner etc.

Say that at school, we encourage students to be nice and polite and to say please and thank you, but this simple act is only a part of showing respect. You should also be mindful of respecting people's differences – we are all different in some way, and we all need to understand how to celebrate this diversity in order to truly respect each other.

SHOW SLIDE 3 OF PRESENTATION

Respect can be divided into two key points:

1. RESPECTING YOURSELF

Ask what we mean by respecting ourselves. Say respecting yourself means believing that you are worthy. Respecting yourself can involve simple actions such as acknowledging your own achievements, e.g. when you do well on a test or when you help someone else, and not putting yourself down about how your appearance.

2. RESPECTING OTHERS

To respect other you must ask yourself:

- 'Am I treating the person I am interacting with the same way that I would want to be treated?'
- 'Am I able to communicate with others without causing conflict?'
- 'How do my words and actions have an impact on others?'

SHOW SLIDE 4 OF PRESENTATION

Ask the students if it is possible to disagree with each other respectfully. Then ask them, what does that look like?

Reiterate that you can be respectful to someone who you don't get on with and that you should never resort to personal insults.

SHOW SLIDE 5 OF PRESENTATION

Ask the students for examples of what respect should look like in your school.

You can edit the list on the slide but we have included:

- Making everyone feel comfortable and welcome
- Being able to 'respectfully disagree' with people without bullying or being disrespectful
- Not engaging with bullying or abuse, either face to face or online

SHOW SLIDE 6 OF PRESENTATION

Show pupils the secondary film. This film was written by the young people featured in it. It features a beat poetry poem. After showing the film ask the audience:

- What was the message in the film?
- Did they agree with the messages in the film?
- Is it possible to choose respect in this school?



SHOW SLIDE 7 OF PRESENTATION

You could ask the young people to shout 'When I choose, You Choose, We Choose Respect'. And additionally you could split the audience in to three and split the phrase asking each group to shout the message as loud as they can.

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

TO FINISH

To finish the assembly and end on a positive emphasise that: We can choose respect in this school and if we work together we can stop bullying and make sure everyone feels equally valued in school.





LESSON PLAN

AIMS



- Develop an understanding of the concept of respect
- Identify respectful and disrespectful behaviours and the impact of such behaviours
- Evaluate your own beliefs regarding respect
- Encourage pupils to choose respect over bullying

TIME



- 60 mins

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



-  [Handout Sheets](#)
-  [YouTube Film](#) (1 min 35 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.

STARTER - (5 mins)

GROUND RULES

Before starting the lesson, establish the ground rules that the class need to follow today to discuss issues about respect and how we should treat each other. For example,

- Listen to all opinions
- Agree to respectfully disagree
- Only one person to talk at once in a whole class discussion
- No personal comments or naming of anyone in discussions

STARTING QUESTIONS

Have this question on the board for when the students arrive:

"In this school we choose respect"

Ask the students to discuss whether they agree or disagree with this statement.

MAIN - (50 mins)

WHAT DOES RESPECT MEAN TO YOU? - (15 mins)

Ask the students to discuss with a partner what respect means to them. After there has been time for paired discussion, ask for examples and as a class discuss what they have in common about their answers.

Ask the students to complete the sentence starters on Handout Sheet 1 and the pick students at random to read out a sentence each.

BILLBOARD - (15 mins)

Tell the students that they have been asked by the local council to design a billboard with a message about respect to be displayed in the local community.

It needs to convey what respect means to them. In their design they should consider:

- The audience (who will read the sign?)
- How they can convey an original, memorable and clear message of Choose Respect
- How will the message be presented? For example, will it be in black and white or colour? Should the text be written in bold or capitals? Will there be any images on the billboard to accompany the message?

Ask the students to create a rough sketch of their billboard and to add annotations explaining why they have chosen that particular message and design.

VIDEO - (30 mins)

Show the video to the group. **The spoken word poetry within the film was written by the young people in the film. You can pass around the poem by using Handout Sheet 2.**

- What were the messages in the film?
- Did you understand what all the words meant?
- Did you agree with the messages in the film?

Then put pupils into pairs and ask them to develop their own spoken word poetry around the theme of Choose Respect and what it means in your school. Give them around 15 minutes to complete their poem.

Ask each couple, if they are willing, to perform their spoken word poem. If they don't want to you could read it out. After each performance, ask the class to say which poem they liked the most.

After the performances there are a number of activities you could do:

- Pull together lines from each of the poems that were most liked to create your own poem
- Use an art class, IT or tutor class to design up the final poem/s to display around the school
- Create your own spoken word video message for Anti-Bullying Week
- Share your final poems with us online



Got this far? Why not go a step further and enter your poem into the prestigious Wicked Young Writer Awards?

Entries open October 2018 – discover more at www.WickedYoungWriterAwards.com

Wicked is proud to partner with the Anti-Bullying Alliance.

MAIN - (5 mins)

Give each student a sticky note and ask them to write down one thing they are going to do today to show respect. Ask the students to stick their notes on the whiteboard and, keeping it anonymous, read out a selection of the responses.



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CROSS CURRICULAR IDEAS

CITIZENSHIP / PSHE / POLITICS



This activity is most suitable for Key Stage 4 and post-16.

Show the class this 15 minute [TedTalk YouTube video](#). We recommend you watch the video first as it contains some offensive content and may not be suitable for all your students. Warn students that there is some offensive content. It shows [Megan Phelps-Roper](#) who grew up in the [Westboro Baptist Church](#) – an American church that uses hate speech. She left the church after a path of respectful disagreement and debate with a person on Twitter. She talks about the impact of showing respect even in the face of criticism and hostility.

Questions for the pupils:

- What do you think of the talk?
- Can you think of other examples in the media where people show empathy and compassion to people who are being offensive?

She talks about four steps to engaging with people you don't agree with respectfully:

- Don't assume bad intent
- Ask questions
- Pause: change the subject or walk away and come back to it later
- Make the argument in a clear way

ENGLISH



Read out a statement of opinion such as 'cats make good pets'. Ask the students who agree with the statement to move to one side of the room and the students who disagree to move to the other side. The students who are not sure should stay in the middle of the room. The 'agree' and 'disagree' students should then have a short debate to attempt to encourage those in the not sure area or the opposite side to join their side.

Can they respectfully disagree without getting personal?

Other statements to use:

- Football is the best sport
- Children under the age of 15 should not be allowed to decide what time to go to bed
- Summer is better than winter

SCIENCE



Look at examples of symbiotic acts between different species of animals in nature. For example, the oxpecker bird eating ticks off larger animals like rhinos.

**Ask: Why is this behaviour is mutually beneficial?
How does it help both animals to survive?**

Ask the students to research more examples of animals in nature that help each other.

ICT



Hold a class discussion on how social media has changed the way that people interact and decide whether social media has helped society to become more or less respectful and if people are less respectful online. Encourage students to think about the social media platforms they use and how people behave online.

ART



Ask students to design an eye-catching poster that features a list of 'Respect rules' to be displayed in the classroom. You could also create a poster or creative way of displaying the poems made in the lesson plan above.

MUSIC



Play Aretha Franklin's song 'Respect'. Ask the students to work in pairs and come up with some new lyrics to the song that express their feelings about respect. Can pupils think of other songs that talk about respect and how we should treat each other?



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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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