

All Together Case study: Familiarising students with the role of bystanders and upstanders in bullying

How Stonesfield School has raised awareness around bystanders when it comes to bullying

This case studies main focuses have been to:

- To make pupils aware of the different forms bullying can take and how to respond to them
- Educate others on the significance of bystanders in bullying situations
- Engage students in devising strategies to deal with this

Background on the School

We wanted to focus on getting pupils to understand the concept of being a bystander and upstander so we could use this as a strategy to tackle bullying in school and make it part of our school anti-bullying policy .

Desired outcome

- Our school policy puts the onus on doing something about bullying on the person being bullied and the 'bully' as being the only person responsible. We wanted to change this, so we wanted the children to become familiar with the terms upstander and bystander and what these roles represent.
- We wanted the children to be involved in creating a school motto that reflected this new ethos, for older children to be involved in delivering assemblies, have an acronym to help them know what to do when confronted with bullying and have a school song that represents our attitude to bullying.

What is the action we took?

Some KS2 children were involved in delivering a KS1 and KS2 assembly on being an upstander. There was a KS1 drama group and a KS2 drama group and this drama was used to discuss how bystanders could become upstanders and discuss the strategies to confront bullying.

We developed an acronym to help us remember what we could do. When confronted with bullying, we can now choose form one of our BITS:

Be a buddy

Interrupt

Tell someone

Speak up

The above acronym is now in our school policy.

Some KS2 pupils were also involved in composing and writing a school anti-bullying song with the help of a TA which they performed during the assemblies. The children were asked to suggest an upstander school motto and we then voted for our favourite. A homework project was to create a poster to represent our new school motto and the upstander theme.

Outcome

The main impact is the emergence of an awareness of the different components of bullying (E.g. being a bystander can contribute to bullying) as well as tackling bullying (bystanders becoming upstanders and using out 'BITS') has been introduced in school.

Having the children help deliver assemblies, create a school motto, compose a school song etc. had a big impact on their understanding of the issues and new terminology and their ownership of it. Our new school motto is:

Stand up

Stand strong

Stand together

In many ways it comes from the lyrics of our school song which is also called 'Stand up'. The children enjoyed the song and the accompanying actions to go with the chorus and this has had a good impact on children remembering the key messages and motto.

The Parents have been informed of the work we are doing via newsletters and homework. Staff have a new way of approaching bullying incidents.

We hope that when and if bullying occurs in the school in future, a pattern of collective responsibility will emerge. We may film the school song and place it on our school website.

Learning

Getting children involved in delivering assemblies has been key to getting messages across and implementing a change.