

Anti-Bullying Week 2017

ODD SOCKS DAY

All Different, All Equal

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All Different

All Equal

#ANTIBULLYINGWEEK



PART OF THE NCB FAMILY



ORGANISER



OFFICIAL PARTNER





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Message from our Patron, Andy Day and the Odd Socks

“We are over the moon to be working with the Anti-Bullying Alliance on such an incredibly important issue. Our songs are all about being unique and appreciating others unique qualities. It’s a well-known fact that encouraging acceptance of individuality at an early age can help prevent bullying later in life. We are in a privileged position that enables us to influence behaviour for good in the target age group. Odd Socks Day is such a simple awareness raiser and we really hope your school will get on board.”

INTRODUCTION

Anti-Bullying Week 2017 is happening from Monday 13th – Friday 17th November and has the theme ‘All Different, All Equal’. It is coordinated by the Anti-Bullying Alliance which is based at the National Children’s Bureau.

THE AIMS ARE TO:

- empower children and young people to celebrate what makes them, and others, unique
- help children and young people to understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying
- encourage parents and carers to work with their school and talk to their children about bullying, difference and equality
- enable teachers and school support staff to celebrate what makes us ‘all different, all equal’ by celebrating difference and equality and taking individual and collective action to prevent bullying, creating safe environments where children can be themselves

This year we are delighted to have support from Andy Day and his band Andy and the Odd Socks.

Andy Day is one of the most popular children’s TV presenters in the country. He has worked with young children for over 10 years, and is a favourite amongst children and parents alike. He has a lot of experience working with children, and understands the importance of being yourself, and the struggles that can sometimes bring.

Andy wanted to create a new way of promoting a positive and inclusive message to the young audience that watch him week in and week out on TV. So he formed a band called Andy and the Odd Socks...and the Odd Socks rock! And not just musically, as they promote a message that it’s good to be different and everyone is unique. Which is no more apparent than in their song ‘Unique’, which is included in the materials section below.

Odd Socks Day is an opportunity to have fun, be yourself and spread awareness of the core values Anti-Bullying Week promotes.

All of the ideas in this pack are designed to help children and adults in a school environment to think about, identify and celebrate what makes us all unique.

These materials are aimed at Early Years and Key Stage 1.

This pack is designed to help you use Andy’s song and to celebrate Odd Socks Day for Anti-Bullying Week. It includes some activity ideas and some of the details you will need to help you get ready for Odd Socks Day for Anti-Bullying Week on Monday 13th November.



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ODD SOCKS DAY FOR ANTI-BULLYING WEEK



WHAT IS IT?

Most importantly, Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and appreciate individuality. There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school, it couldn't be simpler! Odd Socks Day will take place on the first day of Anti-Bullying Week, Monday 13th November, to help raise awareness for Anti-Bullying Week. If you can't do the Monday, any day in the week would be fine (or the whole week!).

We would like to invite participating children to make a £1 donation to support the Anti-Bullying Alliance.

ODD SOCKS DAY ANTI-BULLYING WEEK COMPETITION

We will be running an exciting competition for schools during Anti-Bullying Week. The winning school will receive a visit from Andy and the Odd Socks themselves! We would like schools to send us a photo or video that best captures how the school participated in Odd Socks Day. To enter:

- share your Odd Socks Day photos or videos with us on Twitter
- use the hash tags #AntiBullyingWeek and #OddSocks
- tweet to us in Anti-Bullying Week between 13th – 17th November

Andy and the Odd Socks will select the winning school (particularly looking for the most creative entries) on the 20th November and we will be in touch to arrange the visit.

For terms and conditions please see the ABA website.

HOW CAN YOU DONATE TO THE ANTI-BULLYING ALLIANCE?

We are a small team and are always so very grateful for any fundraising that you do for us to help us keep running Anti-Bullying Week each year in England. If you raise money for us through your Odd Socks Day or anytime in Anti-Bullying Week you can give it to us in the following ways:

- you can donate directly to us via our [Virgin Money Giving](#) page.
- or send us a cheque – it should be made payable to 'Anti-Bullying Alliance' and be sent to NCB, 8 Wakley Street, London, EC1V7QE. Please make sure you include your name and your address as we like to acknowledge all funds raised wherever possible.

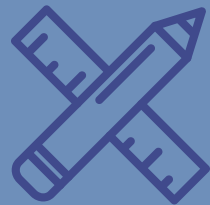
ACTIVITY IDEAS

These ideas could be used in the classroom or in an assembly. Please do share all your activity with us on social media. Andy and the Anti-Bullying Alliance would love to see them! Don't forget to use the hashtag #AntiBullyingWeek and #OddSocks



AIMS

- Fun!
- Empower children and young people to celebrate what makes it, and others, unique
- Help children and young people to understand how important it is that every child feels valued and included in school, and able to be themselves, without fear of bullying



PREPARATION AND MATERIALS NEEDED

- Watch the video for Unique [here](#)
- Listen to Unique [here](#)
- [Print copies of the song lyrics](#)
- Learn the chorus actions [here](#)
- Make sure you know your Anti-Bullying Policy details and are able to share with children what they should do if they are worried about anything or worried about bullying.

20 MINUTES ACTIVITY

Tell the group that we are wearing odd socks today to celebrate Anti-Bullying Week this year. Ask everyone to show their odd socks.

Show them the video for Unique by Andy and the Odd Socks.

Ask them what they think the message of the song is. Do they know the definition of the word 'unique'?

Show them the dictionary definition of unique:

- "Being the only one of its kind; unlike anything else."

Get staff to prepare something they are happy to share first about what makes them unique e.g. that they play an instrument, that they have visited a country or that they have 8 brothers and sisters etc.

Then ask everyone to think of one thing that makes them unique and go round the room. Ask them to imagine a world where everyone was the same. What would that world be like?

Then say that's why it's so important to make sure that we are all able to be ourselves and that it's important to celebrate what makes us All Different, All Equal this Anti-Bullying Week.

Then hand out the lyrics for the song. Show them the actions for the video and then play the song again to finish.

TO FINISH:

Ask everyone to shout 'We're all different and equal' over and again.

You could also share with them:

- what else the school is doing for Anti-Bullying Week 2017 e.g. lesson plans fundraising activity
- details of your anti-bullying policy
- how to report bullying and anything children might be worried about.

‘UNIQUE’

ANDY AND THE ODD SOCKS

.....

If you find yourself all alone
And you just wanna go home
And get in to bed with your favourite Ted
Then listen to these words instead

CHORUS

**If you feel like a freak and a geek
and you're weak
And life looks bleak 'cos you're meek
and oblique (so to speak)
Then stop your worrying because
you are unique (just like me)
And say I'm me, me, me and
you are you, you, you
So why don't we, we, we,
be happy together**

I was walking down the road and
I met a rabbit wearing a cape
He was an unusual kind of shape
I thought he was cool but he told me
that no one liked him at school - weird!
He said that he was the only
cape-wearing-quite-short-for-his-age
rabbit in the whole school
So I said "well that makes you the
top-dog-cape-wearing-quite-short-for-your-
age rabbit in the whole school - yay!"
A bit further down the road I came
across a lonely toad
He had a purple tail and yellow feet
He lived in a house just up the street
He was lost and all alone, I said
"I'll help you find your way back home"
He said "I feel like a soggy slipper"
and I said "ahhh, try singing with me..."

CHORUS

We can be happy, or we can be sad
Feel all the good things in life and
don't let the bad things drive you mad
You are totally free, to be who you want to be
Hold your head up high, look up to the sky and
sing along with me...

CHORUS

I met a guy who was shy and looked
like he was about to cry
I said "why?"
He said "no one wants to hang with me,
I've got some weird traits that's why
I've got no mates"
I said "well that's a shame, but not everyone
is the same, don't give yourself the blame,
everybody finds a place where they fit,
don't worry about it"

Then I came across this giant newt
I said "hey you look cute in your three piece suit"
He said "Stop making fun of me"
And I said "I'm paying you compliment dude,
can't you see?"
"Oh, sorry" he said, "most people laugh at me
'cos I've got no hair on my head"
And I said "no way! your slick style is really
cool and always remember this rule..."

CHORUS



OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2017

1. Sign up to be a **supporter of Anti-Bullying Week** online where you can download a certificate for your school to display.
2. Display the **Anti-Bullying Week Poster** up around school.
3. You can purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our **online shop**.
4. You can share our **top anti-bullying tips** for parents, pupils and teachers amongst your school.
5. 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!
6. 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 your policy as a school.
7. We've worked with Diana Award this year to develop some **tips for schools about how to involve pupils in planning and delivering Anti-Bullying Week**. Take a look.
8. Sign up as a supporter of Anti-Bullying Week on our website where you can **download an official supporter certificate**.
9. 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.**



Please share your activity
with us on social media.

Use the hashtag **#AntiBullyingWeek**
and **#OddSocks**

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



@abaonline
@andyoddsock
@AndyDayTV



AntiBullyingAlliance
Andy and the Odd Socks



Anti-BullyingAlliance
andyandtheoddsocks
andydayofficial



@andyandtheoddsocks
@andyday81

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 this year's Anti-Bullying Week. **SafeToNet** are an award winning company using technology to protect children and young people online.

Find out more at www.safetonet.com

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