

Anti-Bullying Week 2019: Change Starts With Us Primary School Lesson PowerPoint

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

**Anti-Bullying
Alliance**

What is bullying?

The ABA (Anti-Bullying Alliance) defines bullying as:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

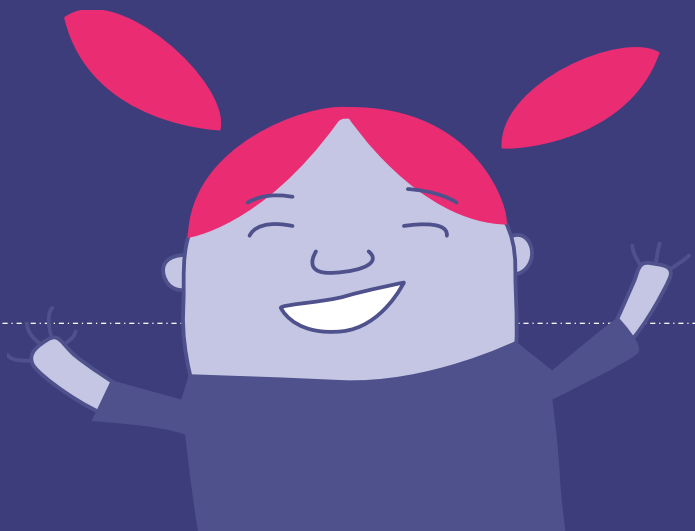
Bullying can be physical, verbal or psychological.

It can happen face-to-face or online.



Discuss (5 minutes)

Let's start by thinking about what school already does to prevent and respond to bullying and make sure you feel happy and safe. How many things can you think of? Write a list.



Do you think it is possible to reduce bullying in your school?

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK

The question we're asking your opinion on today is: **is change possible?**
Can you think of ways you could make your school better for everyone?



Change Starts With ... Having a Voice!

We want to hear from you about whether there are any changes, big or small, that could make your school a better place and reduce bullying, because every child deserves to feel happy and safe.



We do **everything** we possibly can to try and prevent bullying. When it does happen **we know what to do.**

FRONT

We do **a lot** in school to make it a safe, happy place for everyone.

LEFT

How good is your school
at dealing with bullying?

RIGHT

I think **there is more that we could do** at school to reduce bullying and respond to it better.

BACK

I think that **we are far away from** making school a safe and happy place and **we could do a lot** more to reduce bullying.

**Who are the people in
school that can help us
to reduce and respond
to bullying?**

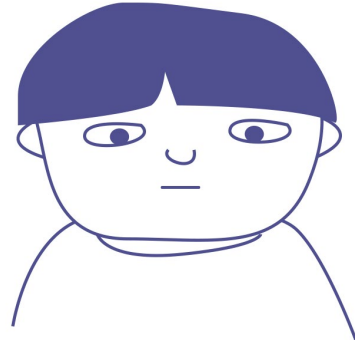


Change starts with ... collective activity

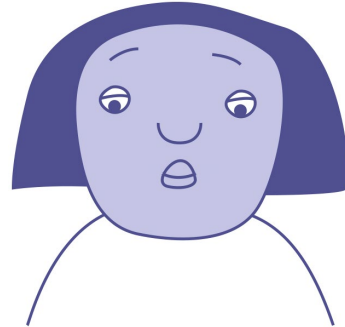
	Preventing bullying	Responding to bullying
In school		
Online		

Change starts with...?

Max is not himself today. He has hardly said a word.



Jasmine is sitting on her own at lunch. She looks lonely.



You hear snuffles coming from one of the toilets. It sounds like crying.



What could you do?

Smile

Compliment them

Laugh

Find an adult

Sit with them

Walk away

Ask if they are OK

Invite them to join

Ignore them

Ask if you can help

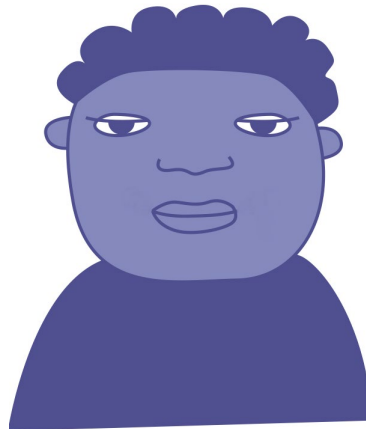
Change starts with? ...

What could you do?

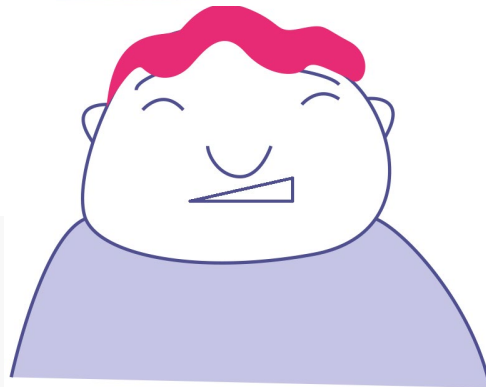
Faiza is reading a message on her phone. She looks worried.



You hear someone saying something nasty to Grace in the playground.



A pupil from another class is wandering around with no one to play with.



Smile

Compliment them

Laugh

Find an adult

Sit with them

Walk away

Ask if they are OK

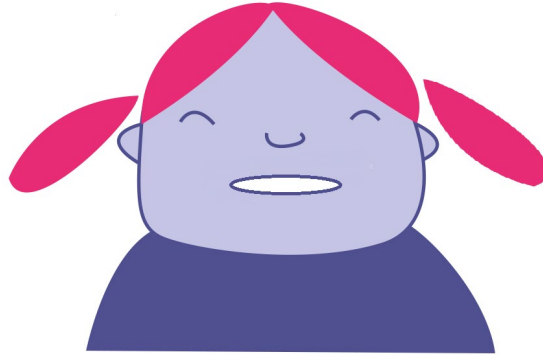
Invite them to join

Ignore them

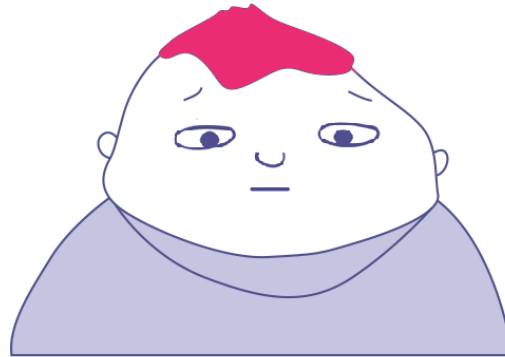
Ask if you can help

Change starts with? ...

You see your friend push someone & say, 'You can't play with us' to another pupil.



Someone makes a joke about Isaac. He doesn't laugh and looks upset.



Someone sends a mean message to you about a person in your class.



What could you do?

Smile

Compliment them

Laugh

Find an adult

Sit with them

Walk away

Ask if they are OK

Invite them to join

Ignore them

Ask if you can help

**Do you think it is
possible to reduce
bullying in your school?**



Change starts with ... You!

Bullying is a big issue and can be **scary to deal with**, but by making small, simple changes we can all make sure our school is a **safe, happy place for everyone**.

So what are you waiting for?!
What change are **you going to make today and every day** to help challenge bullying?

Individual activity: Think about a change you could make which would make your school an even better place, a place where bullying doesn't happen.

Write it in a
**Change Starts
With Us heart
pledge.**

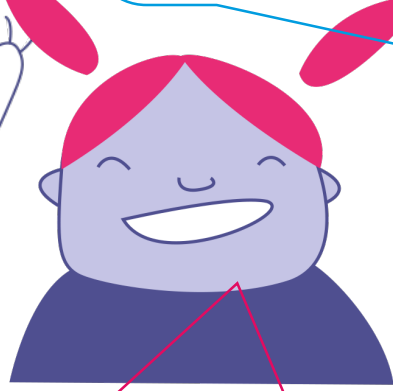


Pledge ideas

“...looking out for children who look lonely at lunch.”



“...choosing not to share things that could upset someone else.”



“... asking pupils how their lunch break has been every day!”



“...inviting people to join in even if they aren't my friends.”

“... making sure my friends always know they can talk to me.”



Change starts with ... Us!

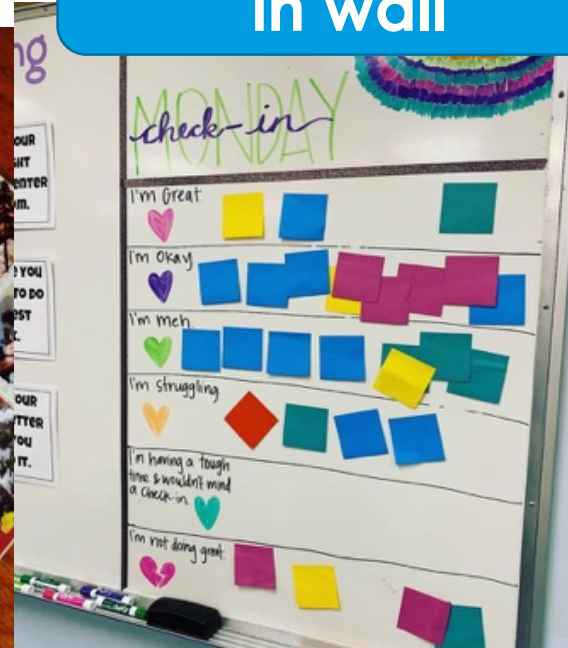
Start a jar full of small changes



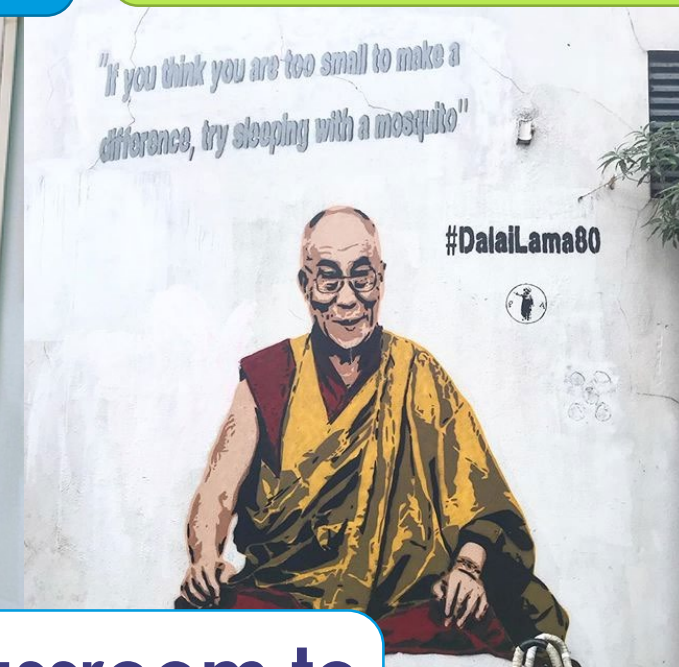
Make exploding books!



Create a check-in wall



Make an Inspiration wall



Is there something we could put in our classroom to encourage us to make changes to stop bullying?

Change Starts With Us!

So, bullying can be a problem both in schools and online. But it doesn't have to be this way!

This week, we want you to **make your voice heard** on bullying!
You have been discussing the question:

**Your
opinion
matters!**



***Do you think it is possible
to reduce bullying in your
school?***



Now it's time to vote this question and share your opinion with the nation.

We want to hear your ideas for how to make schools **happier and safer** for everyone. Maybe there is something you **would like to change**, or something you already do that others could learn from! Either way, **we want to hear your ideas for reducing bullying.**

**Make your vote
count: “Do you think it is
possible to reduce
bullying in your school?”**



Do you think it is possible to reduce bullying in your school?

The debate ...

Yes

- Until bullying ends once and for all, there must be more we can do.
- There is always room for improvement.
- Even small changes like smiling at someone, can make a big difference.
- It is everyone's responsibility to reduce bullying, not just teacher's.

No

- At our school, everyone does their best to do small things like be kind, helpful and include others.
- We have great systems to stop bullying at school.
- We don't have any bullying here.
- It is not my responsibility to reduce bullying.

Thanks for participating.

