

# 50 Ideas for Anti-Bullying Week



The theme of Anti-Bullying Week 2006 is 'Bullying: See it. Get help. Stop it.' Many of these activities have been suggested by children and young people, and can be led and organised by them. Other ideas have come from the Anti-Bullying Alliance. Select, adapt and build on the activities most appropriate for the children and young people with whom you work. Work with children and young people on all the suggested activities. Ask everyone to come up with their own idea!

## policy & planning

- 1 Use the resources available from the Anti-Bullying Alliance to ensure a high profile in your school or organisation for Anti-Bullying Week. These include pupils wearing blue on Blue Friday, lanyards and the postcards *Bullying: See it. Get it. Stop it.*, which have boxes for children and young people to tick and a space for them to offer information about bullying in your setting, as well as ideas for preventing or stopping it. Explain how the cards can be used and to whom they can be given. See [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- 2 Set up a group to plan activities for Anti-Bullying Week. There may be an existing group such as the school council or youth steering group, or you can set up a special task group.
- 3 Rewrite your anti-bullying policy in words children and young people can understand. They can illustrate it, and you can make this into a poster.

## assemblies

- 4 Plan assemblies for the whole week, on a class-by-class basis, or the task group can hold auditions for the best anti-bullying assembly ideas. Go ahead with the winners.
- 5 Download ideas for six assemblies, including scripts, suggestions for props and music, written for the Anti-Bullying Alliance from [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk), and use them. SEAL (Excellence and Enjoyment: social and emotional aspects of learning) materials have an anti-bullying assembly for primary schools. Invite adults to the assemblies.

## curriculum activities

- 6 Primary schools can use SEAL materials. These include a week's classroom activities, such as the one below, on 'Say No To Bullying', downloadable from [www.bandapilot.org.uk](http://www.bandapilot.org.uk).

## the role of bystanders

Ask children and young people to work in small groups and give each group a picture of a bullying situation where there are bystanders (use Pauline's story in the yellow resources from the Social, Emotional Aspects of Learning resource pack, which can be found at [www.bandapilot.org.uk](http://www.bandapilot.org.uk)). Some bystanders are trying to ignore what is happening, some are laughing and making comments from the sidelines, a few support the bully.

Ask the groups what they think is happening, thinking first about the child doing the bullying and the child being bullied, then focus on the bystanders. Ask:

- What are they feeling?
- What are they thinking?
- What are they saying?
- What are they doing?

Ask the group to consider:

- How can bystanders help the child who is being bullied?
- How can the bystanders help stop the bullying?
- What could they say or do?
- What would work and what wouldn't work?

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- 7** Secondary schools can use the Anti-Bullying Toolkit with questionnaires, staff training and lesson plans, downloadable from [www.standards.dfes.gov.uk/keysteageg3/respub/ba\\_toolu/](http://www.standards.dfes.gov.uk/keysteageg3/respub/ba_toolu/)
- 8** Use these questions to develop a shared definition of bullying:  
Is it bullying if:
- Amanda says to Claire, 'You'd better give me that £2 or else'?
  - Enrico is on the ground and Mark is bashing him?
  - Sam is pouring Katie's soft drink onto the grass?
  - A group pelts Josh with snowballs while he runs away, laughing?
  - Some boys follow Paul and laugh at him on – his way home from school?
- Idea from Childline, Adapted from *Bullying in Secondary Schools*, Sullivan, S Cleary, M and Sullivan, G (2004), London: Paul Chapman.
- 9** Use this question to discuss how to stop bullying: If you had £1 million, how would you use it to stop bullying?  
Idea from Kidscape ([www.kidscape.co.uk](http://www.kidscape.co.uk))
- 10** Use this scenario to discuss the role of bystanders: You're in a corridor when you see an older child threatening a much smaller person in a corner. You know this older child has a reputation for bullying. Ask pupils to write down or draw what they would do in this situation, as well as why. Collate, categorise and discuss the findings in a lesson.
- 11** Use excerpts from a list of children's fiction such as Harry Potter books or the Billy Elliot film on the ABA website ([www.anti-bullyingalliance.org/resources](http://www.anti-bullyingalliance.org/resources)) to discuss bullying. Children can select and display the selections in the library.
- 12** Use the winning poems from the DfES 2004 Anti-Bullying Poetry Competition to help children write their own poems. A book of the winning poems is downloadable from [www.publications.teachernet.gov.uk](http://www.publications.teachernet.gov.uk)
- 13** Give pupils the opportunity to write new words about bullying and getting help to a traditional tune, write their own songs or raps, or set poems to their own music, which can be performed in an assembly or other event. They can create dances or role plays to accompany the music.
- 14** Create role-plays or playlets about what pupils would do if they saw someone being bullied. They can research what it's like to be bullied while people stand by doing nothing, from talking to people and reading media stories on <http://www.bbc.co.uk/radio1/onelife/personal/bullying/bullying.shtml>  
Idea from Behaviour and Attendance Consultant in Bedfordshire
- 15** Discuss bullying, violence and the media, including whether films, TV and computer games that glorify violence and bullying behaviour should be banned.
- 16** Agree a definition of bullying for your school, inviting pupils to come up with their own definition. The Anti-Bullying Alliance definition is on the ABA website. A couple of ideas to get started are:  
Bullying is trying to make someone else feel bad.
- 17** Pupils can draw round their own hands and write one thing on each finger that they'd do to stop an act of bullying instead of being a bystander.
- 18** Get students to think up 500 ways to show kindness. Encourage pupils to achieve 2,000 acts of kindness during the week. Teach children the equation:  
 $1+3+10=CALM$
1. Say 'calm down' to yourself
  2. Take three deep breaths
  3. Count to 10.
- ## peer support
- 19** Set up a peer support scheme. Peer support is key to involving children and young people in preventing and addressing bullying. The ABA website gives details of how to set up a scheme with proper training and safeguards. Childline's CHIPS service ([www.childline.org.uk](http://www.childline.org.uk)) can help you set up one in your school.
- 20** Use Anti-Bullying Week to publicise a peer support scheme and how it works, whether it's peer mentoring, a buddy scheme or playground pals.
- 21** Older children can develop and deliver an anti-bullying lesson or drama presentation for younger pupils.
- ## visual displays and artwork
- 22** Organise a poster competition, with the participants deciding what makes an effective poster. Publicise it in the school, collect and display the entries. A local dignitary or celebrity can be invited to judge and present prizes.
- 23** Cut out leaf shapes and a large paper tree from paper. Write suggestions on how to help someone who is being bullied on each leaf. Pin them to the tree. Do the same thing with balloons, flowers, jigsaws or kite shapes and display the group message: together, we can stop bullying.
- 24** Decorate fabric squares with anti-bullying messages of fabric paints, collage or stitching. Stitch the squares into a large patchwork quilt and display it in a prominent place.

**25** Decorate empty cardboard cartons with anti-bullying messages. Build a tower to show that, when we stand together against bullying, we're strong. Ask a local dignitary or celebrity to unveil the finished tower.

**26** Make a graffiti anti-bullying wall, with messages and images. Use a large panel of hardboard or MDF if you haven't got a wall.

**27** Make papier-mâché heads from inflated balloons and attach them to bodies made of old t-shirts and trousers stuffed with newspapers. Put a display in a prominent place with anti-bullying slogans written on the t-shirts, with a large caption about how people can get help to stop bullying in your organisation.

**28** Wrap a band of blue fabric round your building or a prominent part of it, to show your commitment to how to stop bullying.  
Idea from Make Poverty History campaign

**29** Make blue bunting from recycled blue plastic bags cut into triangles and stapled to string or tape, to let the public know you're supporting Anti-Bullying Week.

**30** Make a circle round your building with everyone holding hands on Blue Friday. Chant the anti-bullying week slogan around the circle.  
Idea from young people from Kent County Youth Council

**31** Make unique anti-bullying wristbands or tags by writing anti-bullying messages on bands made with scoobidoo strands, wool, coloured thread and laminated card.  
Idea from Christchurch CE Primary School, Chelsea

**32** Print and decorate badges, t-shirts, bandannas, belts and bags with anti-bullying designs and messages. Make cakes or biscuits and decorate with blue icing and messages.

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**33** Visit anti-bullying websites and compile a guide to the most helpful.

**34** Use a digital camera to create storyboards and cartoons about bullying. Encourage thinking about stopping bullying, not being a bystander. Use word processors to paste speech into thought and speech bubbles and to make captions.

**35** Compile individual Little Blue Books of useful agencies and helplines that address bullying, and distribute them to other pupils, teachers, parents and carers.

**36** Create an Anti-Bullying Week newsletter, with pictures, stories, poems and accounts of how people stop bullying in your organisation or school. Distribute it to adults in the community.

## breaktimes

**37** Make maps of school grounds and mark them with coloured dots to show where bullying occurs and where pupils feel unsafe:

Red is unsafe

Amber is OK but sometime worrying

Green is no problem.

The school council or a task group can identify the 'hot spots' and come up with ways to prevent bullying there.

Idea from Jenny Mosley Consultancies

**38** Collect ideas for stopping bullying from everyone in the community and make them into a book or pack of cards. Older pupils can teach younger ones the card games.

Idea from Children's Links in Lincolnshire, who found this can help decrease bullying

**39** Staff and pupils gather in the playground and someone blows a whistle to mark the end of accepting bullying in the school.

## whole school ideas

**40** Nominate one person or a group of people for the Diana Memorial Anti-Bullying Award, details on [www.diana-award.org.uk/antibullyingaward.php](http://www.diana-award.org.uk/antibullyingaward.php)

**41** Start a 'sorry box' for anonymous apologies. Copy the notes and make displays. Follow this up with work on reconciliation in PSHE or RE.  
Idea from young people from Buckinghamshire Youth and Community Service

**42** Hold a 'Cool to be Kind Day'. For more information, see the Act Against Bullying website at [www.actagainstbullying.com](http://www.actagainstbullying.com)

**43** Write to the local media about what the school is doing for Anti-Bullying Week.

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- 44** Sign up for the Anti-Bullying Charter, downloadable from [www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying). This can be a public event attended by adults, local dignitaries and celebrities. Send a signed copy to the Anti-Bullying Alliance.
- 45** Download the leaflet with definitions of bullying in the words of children and young people, 'They won't believe me', produced by Mencap, from [www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying), designed to help people with Special Education Needs think about bullying.
- 46** The third Lesbian, Gay, Bisexual and Trans History month is in February 2007. Download ideas for more school and curriculum activities from [www.lgbthistorymonth.org.uk](http://www.lgbthistorymonth.org.uk)  
Idea from Schools Out!
- 47** Select someone else's name at random and carry out a random act of kindness during the week for that person. This act of kindness must not cost anything.  
Idea from Jenny Mosley Consultancies
- 48** Provide forms, or Anti-Bullying Week postcards, for pupils to fill in anonymous reports of homophobic language and bullying. Ensure that your anti-bullying policy includes homophobic bullying in an effective manner. Put leaflets and posters for support groups for young lesbian, gay and bisexual pupils on a notice board or website. For more information, see [www.stonewall.org.uk/educationforall](http://www.stonewall.org.uk/educationforall)  
Idea from Stonewall
- 49** Thousands of children care for someone who is disabled, ill or misuses substances, and many miss school, underachieve or are bullied because of the stigma attached to disability and mental illness. Try a role-play where someone takes the role of a person who is bullied because of their caring role; think of as many different caring roles as possible. Discuss if young carers are treated differently from other young people if the person they're caring for looks different or behaves strangely, and why that is. For an assembly and lesson plan, see [www.youngcarers.net](http://www.youngcarers.net)  
Idea from The Princess Royal Trust for Carers, Young Carers Project
- 50** Use lots of the ideas on this list to create an anti-bullying festival lasting an afternoon, a day or a week. Everyone can design a different kind of experience about dealing with bullying that can be showcased during the week – songs, poems, shows, websites, posters, stories, sculptures and films. Ask a local celebrity to host the festival, and invite adults to attend. See [www.actionwork.com/abweek05.html](http://www.actionwork.com/abweek05.html) for more ideas.  
Idea from Actionwork

## acknowledgements

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