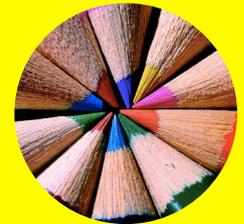


# Anti-Bullying Week

*“United Against Bullying”*



## Assembly idea

An idea to help students deliver great assemblies on ABW



## Worksheets

Activities on self esteem and positivity to help students



## After Anti-Bullying Week

Snapchat and QR codes to help and support students

## Anti-Bullying Week is nearly here!

The theme for Anti-Bullying Week 2020 in the UK, is “United Against Bullying”.

Anti-Bullying Week takes place from the 16th-20th November. Schools, youth groups and workplaces are being encouraged to take part and prove that, in fact, we all can work together to make a difference.

This resource guide has been put together specifically for the benefit of schools and youth groups across the UK. It contains lesson plans, activities and ideas to promote strength, and to tackle bullying after Anti-Bullying Week has ended.

## A BIG THANK YOU!

Dear all,

I would like to take this opportunity to thank you all for your support since setting up the "Don't Bully" campaign in November 2012.

Thank you for supporting me by downloading our Anti-Bullying Week 2020: Resource Guide. In it you will find ideas for lessons, assemblies and more throughout the course of Anti-Bullying Week and beyond.

Despite the challenges that 2020 has brought upon us, bullying is still a major challenge that many of our young people face. It is important that we do not lose sight of these issues whilst we try to come to terms with what is happening in our society at the moment.

I have accumulated these ideas through supporting families, speaking at conferences and volunteering at various events over the past 8 years. I hope my approach to bullying, positivity and confidence can help your students and staff to take a non-tolerance approach to any form of bullying.

Anti-Bullying Week has been

running for more than 10 years across the UK. However, there is still a long road ahead as 1.5 million young people have been bullied in the past year. (Ditch The Label, 2016) That is why in Anti-Bullying Week 2020 I am promoting positive relationships between young people and giving them activities to help them feel more self confident.

I believe that promoting positive wellbeing and self confidence is the key to tackling any form of bullying. If a young person feels confident in their talents, abilities and is encouraged to look ahead to their future, they will feel confident knowing that if bullying does occur that it WILL end. We must encourage young people to look back upon their proudest achievements and encourage them to focus on their ambitions.

Let's promote confidence and unity in order to STOP BULLYING FOR ALL!

Best wishes,

Anita Dennison

Don't Bully,  
Founder



## **Contents- This resource guide includes;**

- **The key aims of Anti-Bullying Week 2020**
- **Lesson plans on bullying, positivity and confidence**
- **Worksheets**
- **Coping mechanisms**
- **Posters**
- **And much more...**

## **The aims of Anti-Bullying Week 2020 are to:**

- To empower children, young people, schools and workplaces to come together to stop bullying
- To create change on and offline, with social distancing measures in place.
- To ensure children, young people and indeed everyone that they are not alone when it comes to bullying. There is a community of people willing to come together to support them.
- To enable teachers and other children's workforce professionals to celebrate what makes us unique and individual, but also what makes us feel united and part of a team, a community of people. Encouraging them to take individual and collective action to prevent bullying, creating safe environments where children can be themselves.

Assembly  
ideas...

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**Years 8-10/7-9:**

## **"The Power of Words"**

### **Required:**

2+ students to take assembly, Powerpoint presentation  
(This can be adapted due to social distancing measures- class led discussions instead of school wide)

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### **Slide 1:**

Have students state facts such as; Average person speaks between 15,000 and 20,000 words a day. 500 million tweets are sent daily. 400 million snaps are sent daily.

### **"We wonder how many of these are positive?"**

Have a table with two columns saying "positive" and "negative" (have preprepared words, but don't show until after students respond.)

Ask the students to put their hands up and state what they would say to **help/compliment** somebody. (Take an average of 5-10 answers)

## Slide 2: (Stats of verbal and cyberbullying)

**“With the amount of hands up, we know just how good (insert school/college) students are at helping each other out, but sadly this isn’t the same for the rest of the UK.”**

**Over 40% of young people have admitted to being verbally bullied in the past year**

**Nearly 43% of young people have experienced online bullying**

**90% of young people who witness bullying online, say they ignore it.**

**[nobullying.com](http://nobullying.com) 2016**

## Slide 3: (Changing these statistics)

**On slide have the phrase, “Not all heroes wear capes, YOU have the power to make a difference”**

**“As you could see there, the statistics of people being bullied on and offline are quite high, but you may have noticed there are no statistics on young people stepping in and helping those who are being bullied.”**

**\*Hands up\* How many of you have heard the phrase, “not all heroes wear capes?” Ask someone with hand up to explain meaning.**

## Slide 4: How YOU can make a difference

**Now that you have taken the focus away from the negativity of bullying and the facts and figures, make it all about the students. Show them ways that THEY can tackle bullying and how they can make a difference.**

- **If they see a student sitting on their own at lunch, ask them to make it their aim of the day to sit with them and get to know them.**
- **Using their words for good; complimenting and praising others. Encourage them to give themselves a pat on the back every now and again.**
- **If you see someone being bullied online; send them a PM and ask them are they are okay. Being bullied on/offline can make you feel as though you have nobody, so taking the step to be there for someone in a tough situation can mean a lot to them.**
- **Make students aware of the QR codes/Snapchat (If this idea has been put into place) Let them know that this is one of many ways within (insert school) to seek help and also for students to help each other.**

## Slide 5: Power of Words (Video)

**<https://www.youtube.com/watch?v=GYYSFpFGRBE>**

# Positivity and Self Esteem Lesson Plan

## In this lesson we will learn;

1. How to be able to reframe a thought to improve how we feel about a situation.
2. To understand that, "It's okay not to be okay"
3. How positive self talk, reflection and planning ahead can help us cope with difficult situations when they arise.

## Resources;

- Cards- (Proud/Ambitions) \*included\*
- Coloured markers  
Mind-maps

## Activity:

Ask the students to create mind-maps, and on these ask them to write, "My week, my mood, my experiences" as their title.

This will help the students to reflect upon their week, on both the negatives and positives.

On one side of the mind map; **tough times**- write down key words of difficult times (if any) within the past week; stress, arguments, relationship breakdown, bullying, etc.

On the opposite side; **great times**- ask the students to think twice as hard about this side, (for every negative they put down on one side, ask them to write two positives on the other); achievements, new friends, good results, good training session, etc.

This helps the students to acknowledge the fact that negative things can and do happen, but that positive things can occur also and it's more important that we focus on them.

\*\* Acknowledging the tough times will enable students to deal with them better, and it will give them confidence to speak out about them if they were to reoccur\*\*

## **Under the mind-map;**

- Ask them to write down **one** thing from the past week that they wish could happen again. \*

\*This will enable them to think ahead. \*

## **On the cards (provided)**

- Encourage the students to focus on at least 5 things that they are **proud** of\*. This can include any of the following;

Making a new friend

Making the football team

Being in a school production

By no means is this list exhaustive. It can include ANYthing that has made the students feel good about themselves.

\*\* In the UK/Ireland we are renowned for our lack of self esteem, which is why we need to do our best to focus on the good things, the things that make us who we are, the things that we are proud of in our own lives, (not just in this past week).

## **"I want to..."**

- Encourage the students to focus on the future, it could be the near future or further afield. These could range from;

Donating money to a charity

Becoming a teacher

Travelling the world

This is vital because not only does it encourages the students to plan ahead, but it helps them to realise that they can do anything or be anyone that they want to be.

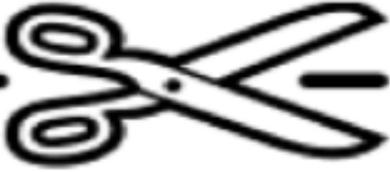
## **Meaning behind this activity;**

When we are having a difficult time, it's difficult for us to see past our negative present, but if we do our best to remember that in fact, we have had a positive past and we will have a positive future, this negative present is a blip on our road to success. It's by no means easy to look ahead, but it's completely worthwhile.

# Activity Cards



I want to...



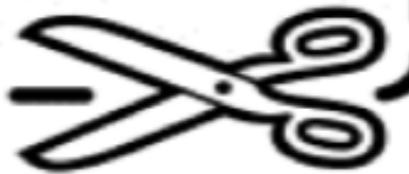
I'm proud of myself for...



# Activity Cards



I want to...



I'm proud of myself for...



# Snapchat (QR codes)

## Leaflets for students

**(To scan these QR codes, hold your finger down on snapchat app and wait for a link to show, this should take you to the advice pages)**

**Having a tough time at the moment?  
That's okay, we can all have difficult  
days.**

**Use Snapchat to get through your tough  
time.**



**Stressed about upcoming exams?  
Try not to panic, we have all been there.**

**“Snap” this code on Snapchat, we hope  
it can help you.**



**Worried about a friend?  
We hope our advice can help you  
support them further**

**“Snap” this code on Snapchat, we hope  
it can help you.**

