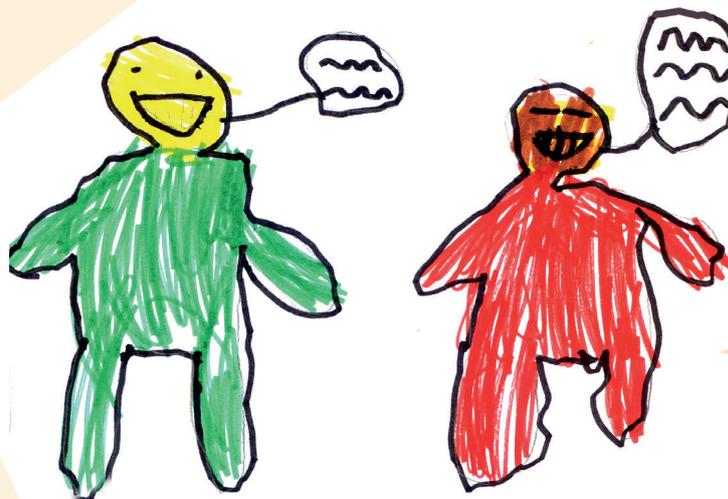




Anti-Bullying Week 2020

resource pack



DESIGN YOUR OWN SOCKS

....for Odd Socks day!



Odd Socks Day
is on Monday 16th November 2020!



bystanders



What is a bystander?



A bystander is someone who sees or knows about bullying that is happening to someone else.

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Helpful bystanders can be part of the solution by trying to help the person who is experiencing the bullying. You can do this in a lot of different ways, it's really good to choose an option which feels safe and comfortable for you. For example, you could: check and ask if the child is okay or tell a trusted adult about the problem.

Are you ok? I'm going to tell the teacher.



I'm just going to ignore it...



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Hurtful bystanders become part of the problem. Hurtful bystanders choose to either join in with the child who is choosing bullying behaviour or they can decide to ignore it. By ignoring the problem or thinking "at least it's not me", you can be giving the bullies the "okay" to carry on with their behaviour.



bystanders activity



It's not always easy or straightforward to work out what to do when you find yourself becoming a bystander at school or at home. We've put together this activity which can help you understand why and how a situation might unfold. Have a read of Ellie's morning...

★ Ellie's morning

At break, Ellie is looking in her bag for her apple, when Sadie walks past, grabs the bag, and dumps everything in it, on to the floor. Sadie says "You've made a right mess there, Ellie". As she walks away, Sadie kicks Ellie's pencil case under the cupboards and says "oops" with a smile on her face.

Charlie notices, and starts to help collect Ellie's things from the floor, until Danny spots him, and laughs loudly, saying "Oh mate, you're pathetic running about helping that girl".

A small group of other children have seen everything that happened, but do not say anything. Even when their teacher Mr Taylor comes to see what is happening they stay quiet. Sadie and Danny move quickly back towards Ellie, and start helping her to collect her things, patting her back and saying things like "You ok Els?" and "Oh no, what happened?".

Ellie tells Mr Taylor "I'm fine, Sir. I just dropped my bag, nothing happened".

★ That was quite morning that Ellie had! Was there anything you might have done differently?
Turn over the next page for the next part of the Bystanders activity.



★ bystanders activity



Here are some questions to help you think about the situation you have just read...

Who?

- ★ Who do you think is the person / people showing bullying behaviour?
- ★ Who do you think is the person / people being bullied?
- ★ Who do you think are the 'bystanders'?

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What?

- ★ What do you think each character feels like?
- ★ What could each character could have done differently?

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How?

- ★ How did the characters show their feelings? How did the characters hide their feelings?
- ★ How easy do you think it would have been to know their feelings, looking at their body language, facial expressions, and listening to their words?

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Which?

- ★ Which emotions and feelings came up for you when you read this story? Can you name and describe them?
- ★ Which ones are positive feelings? And negative feelings?

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Design your own anti-bullying message

At Safety Net, we LOVE getting creative.

Design a really colourful anti bullying message board or poster, that will catch the eye of anyone passing, and make them have a good think! On the right are some ideas to give you some inspiration.



A large rectangular area enclosed by a blue dotted line, intended for designing an anti-bullying message. A yellow pencil is shown at the top right corner, pointing towards the design area.

★ We'd love to see your anti-bullying messages! Please take a photo of them and send it to: charlotte.whitehead@safety-net.org.uk



★ The Kindness Game

Print off this game and see how many acts of kindness you can do in your classroom!

Tick these boxes as you do the tasks!



Make up your own act of kindness

Write down one thing which made you smile today

Give someone in your class a compliment

Smile at three people

Draw a picture and leave it in someone's bag to find

Sit with someone new in your class

Ask someone about their day

Write a postcard to someone that you miss

