

50 Ideas for School activities during Anti-Bullying Week

Most of these activities can be led and organised by children and young people and many of them have been suggested by young people.

Policy and planning

1. Set up a group of children or young people to plan activities for the week. There may be an existing group such as the school council or youth steering group which can take on the task of planning for the week or you could set up a special task group.

2. Ask children and young people to rewrite your anti-bullying policy in youth or child friendly language. They could also illustrate it and turn it into a poster.

Assemblies

3. Ask children and young people to plan assemblies for the whole week.

You could do this class by class or get your planning group to hold auditions for the best anti-bullying assembly ideas and go ahead with the winning entries. Invite parents and carers.

4. Use the assemblies written for the Anti-Bullying Alliance

You can download ideas for 6 assemblies from the ABA website – www.anti-bullyingalliance.org. They include scripts and suggestions for props and music. There is also an anti-bullying assembly for primary schools in the SEAL materials (see above). Invite parents and carers.

Curriculum activities

5. (Primary) Use Excellence and Enjoyment: social and emotional aspects of learning (SEAL). These materials from the Primary National Strategy include a week's worth of classroom activities on the theme of Say No To Bullying. Download them from www.bandapilot.org.uk

6. (Secondary) Use the Anti-Bullying Toolkit from the Secondary National Strategy Behaviour and Attendance strand. These materials contain questionnaires, staff training and lesson plans. Download them from http://www.standards.dfes.gov.uk/keystage3/respub/ba_toolu

7. What is bullying? A quick lesson idea from ChildLine

Use the following scenarios to come up with 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 can of coke 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

8. How can we stop bullying? A quick lesson idea from Kidscape

Discuss the answers to this question: if you had £1 million pounds, how would you use it to stop bullying?

9. Use children's fiction or excerpts from films such as Billy Elliott or Harry Potter to discuss bullying. You will find a list of children's fiction on the ABA website www.anti-bullyingalliance.org/resources. Ask a group of children to select and put up a display of books on bullying in the library.

10. Poetry

Use the winning poems from the DfES 2004 Anti-Bullying Poetry Competition as a stimulus for children and young people to write their own anti-bullying poems. The book of the winning poems is available free from Prolog Ref:????

11. Music and dance

Children and young people can write new words to a traditional tune, write their own songs or raps or set poems to their own music. Perform any of these in a special anti-bullying assembly or other event. They may also wish to create dances or role plays to accompany the music.

12. Drama (Contributed by Bedfordshire Behaviour and Attendance Consultant)

Children and young people can create role plays or playlets about how bullying affects everyone, including friends and family, through changed relationships, atmospheres created, grief etc. Participants can carry out research about people's feelings by talking to people and finding media stories from e.g. www.bbc.co.uk/radio1/onelife/personal/bullying

13. Hold a debate about bullying, violence and the media

Issues for debate could include whether films, TV and computer games which glorify violence and bullying behaviour should be banned.

14. Write your own definition of bullying

The Anti-Bullying Alliance definition can be found on the website www.anti-bullyingalliance.org. Invite children and young people to come up with their own definitions. Here a couple to get you started. "Bullying is trying to make someone else feel bad all of the time". "STOP, i.e. Several Times On Purpose".

15. Discuss the role of bystanders.

Use the following scenario to discuss the role of bystanders in bullying:
You're in a corridor when you hear something happening just around the next corner. An older boy/girl is threatening a much smaller boy/girl. You know this older boy/girl has a reputation for bullying.

Ask the students to write down what they would do in this situation and ask them to include a reason for their behaviour. Collate and categorise their responses and discuss the findings in a subsequent lesson.

16. Helping hands (contributed by Jenny Mosley Consultancies)

Children draw round their hands. They then identify 5 key people they can turn to if they have a problem like bullying. They write or draw the names of these people on each digit. It is more powerful if adults do this too.

17. Anti-bullying by numbers

Get students to think up 500 ways to show kindness. Encourage children and young people to achieve 2000 acts of kindness during the week. Teach children this equation $1+3+10=$ CALM (1: Say calm down to yourself. 3: Take three deep breaths. 10: Count to ten)

Peer support

18. Launch a peer support scheme in your school

Peer support is key to involving children and young people in preventing and dealing with bullying. You can find resources about how to set up a peer support scheme with proper training and safeguard for children and young people on the ABA website – www.anti-bullyingalliance.org. ChildLine's CHIPS service can help you set up a scheme in your school. www.childline.org.uk

19. Publicise your existing peer support scheme

Use Anti-Bullying Week as an opportunity for peer supporters to publicise their peer support scheme and how it works, whether it is peer mentoring, a buddy scheme or playground pals.

20. Older students working with younger students

Older students can develop and deliver an anti-bullying lesson or drama presentation for younger pupils. Secondary pupils could take this into primary schools.

Visual Displays

21. Run a poster competition

Get a group of children to organise this, decide the criteria for an effective poster, publicise it round the school, collect and display the entries, perhaps write to a local dignitary or celebrity to judge and present prizes.

22. Create an anti-bullying tree

Create a group display such based on a large tree with suggestions for preventing bullying and promoting kindness written by individual children onto paper leaves and hung on the tree. Similar displays can be created using balloon, flower, jigsaw or kite shapes. The message is that together we can help stop bullying.

23. Create a friendship quilt

Individual children and young people can decorate fabric squares with anti-bullying messages using fabric paints, collage or stitching. Stitch these together to make a huge patchwork quilt. Display this in a prominent place in your school or centre.

24. Create an anti-bullying tower

Individual children and young people can decorate cardboard cartons (ask your local supermarket if they can provide empty wine boxes for example) with positive messages about bullying. Build these into a tower to demonstrate that together we are strong and can stand together against bullying. Ask a local dignitary to unveil the finished result.

25. Create an anti-bullying graffiti wall

Individual children and young people can contribute to a graffiti wall with anti-bullying images and messages. Use a large panel of hardboard or MDF if you don't want to use a wall.

26. Papier mache sculptures (Idea from Actionwork)

Using inflated balloons make papier mache heads and attach to bodies made of old T shirts and trousers stuffed with newspaper. Display a group of these figures in a prominent place with anti-bullying slogans on their T shirts and a large caption about how your organisation views bullying.

27. Wrap a blue band around the building or prominent feature in the grounds

Copy the idea from the Make Poverty History campaign and wrap a band of blue fabric around your building or a prominent part of it such as the signboard, the gate or fence.

28. Decorate your boundary with bunting

Let the public know you are supporting Anti-Bullying Week. Get children and young people to help make blue bunting from recycled blue plastic bags cut into triangles and staple onto string or tape.

29. Make a blue human chain around your building

This idea was suggested by young people at the Actionwork Conference in July. On Blue Friday when people are wearing blue, create a circle around your building with everyone holding hands. Devise a chant or slogan to pass around the circle.

Art and craft ideas

30. Create your own anti-bullying wristbands

Use scobidoo strands (idea from Christchurch CE Primary School, Chelsea), wools or coloured threads or laminated card to create your own wristbands with appropriate messages attached or printed on.

31. Make a variety of anti-bullying symbols and items

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

ICT

32. "Rough guide" to anti-bullying websites

Children and young people can visit anti-bullying websites and compile their own guide to the most helpful ones.

33. Storyboards and cartoons

Children and young people can use a digital camera to create storyboards and cartoons about bullying. Encourage them to think about how bullying situations can be resolved. Create speech and thought bubbles in Word and paste them into the pictures and add captions.

34. Little Blue Book of anti-bullying helplines

Children and young people can compile their own “Little Blue Book” of useful helping agencies and help lines and distribute them to other pupils, teachers and parents and carers.

35. Newsletter

Children and young people can create their own newsletter for anti-bullying week. It could include stories, pictures and poems and accounts of anti-bullying initiatives in the school or organisation. Distribute to parents and carers and around the community.

Breaktimes

36. Playground mapping (Idea from Jenny Mosley Consultancies)

Get or make maps of the school grounds. Groups of children and young people can mark the maps with coloured dots to indicate where bullying occurs and they feel unsafe. Red = unsafe, orange = OK but sometimes worrying, green = no problems. The school council or other group can then look at the maps, define the “hot spots” and come up with solutions.

37. Games

Children can collect ideas for playground games from children, young people, staff, parents and carers, grandparents, people in the community and make them into a book or pack of laminated cards. Older pupils and midday supervisors can teach younger pupils the games. Playlinks in Lincolnshire have found that this can contribute to a decrease in bullying.

38. Whistle stop

This idea comes from a Year 6 pupil in Newcastle. All staff and pupils assemble in the playground and a whistle is blown to mark the end of accepting bullying in our school.

Whole school ideas

39. Diana Awards

Nominate someone (or a group) for the Diana Memorial Anti-Bullying Award. You can find further details about the award on www.diana-award.org.uk/antbullyingaward.php

40. Sorry box

This idea was contributed by a young person from Buckinghamshire. Set up a “sorry” box in which anyone who has bullied someone else post a sorry note anonymously for what they have done. Copy the words from the notes and

make a display of them. Follow this up with work on reconciliation in PSHE or RE.

41. Cool to be Kind Day

Act Against Bullying is promoting the idea of a Cool to be Kind Day. For further information go to their website www.actagainstbullying.com

42. Write to local press

Children and young people can write to the local press, radio or television about what the school is doing for anti-bullying week.

43. Sign up to the Anti-Bullying Charter

The DfES is encouraging all schools to sign up to the Anti-Bullying Charter. This can be downloaded from www.dfes.gov.uk/bullying. You could make this a public event with parents and carers, governors, local VIPs or celebrities. Send a copy of the signed charter to the Anti-Bullying Alliance.

44. Bullying Survey

Is your school or organisation aware of the level of bullying and when and where it happens. Use the questionnaire in this pack to find out. Children and young people can be involved in collating the answers and the school council or other group can consider what needs to be done.

45. Checkpoints audit

Send off for Checkpoints (Ref???) and get adults and children to complete and audit on how your school or organisation works to prevent violence and aggression.

46. Random acts of kindness (Contributed by Jenny Mosley Consultancies)

Each child or young person selects at random the name of someone else. They then carry out an anonymous act of kindness during the week, such as leaving a positive message in their bag or tray, helping them with a piece of work, leaving them a "free" (it is important to stress this) gift such as a flower, special stone, conker etc.

47. Monitor incidents of homophobia (Contributed by Stonewall)

Provide reporting forms for young people to fill in anonymously (in the same way as racist incidents), to include the use of homophobic language and more serious incidents of bullying. Follow up by developing a policy with young people for dealing with homophobic bullying. Also, place leaflets and posters for support groups for young lesbian, gay and bisexual pupils on a notice board or website. www.stonewall.org.uk/educationforall

48. Bullying and young carers (Contributed by The Princess Royal Trust for Young Carers)

Thousands of children care for a family member who is disabled, ill or misuses substances. 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 to a person who is bullied because of their caring role (think of as many caring roles as you can). Discuss whether young carers are treated differently if they care for someone who looks differently or who behaves strangely and why that is. For an assembly and a lesson plan, see www.youngcarers.net

49. Hold an anti-bullying festival (contributed by Actionwork)

Bring lots of the ideas in this list together to create a week long anti-bullying festival. Groups of children or young people can each design a different kind of experience about dealing with bullying that can be showcased during the week - songs, poems, shows, website, posters, stories, sculptures, films. Invite a local celebrity to host the festival. More free ideas from Actionwork can be found on their website www.antibullyingweek.co.uk

50. Ask children and young people to come up with their own idea!