





Theme: Anti-Bullying (part of Healthy Me Week 1)

Duration: 5.5 hours

Rationale: Build children’s understanding of bullying, understanding of ourselves as unique individuals and how to deal with instances of bullying should it occur.

Scheme: Informed by Anti-Bullying Alliance.

			
Manages feelings – Knows how to not negatively impact on learning.	Kindness – Can challenge injustice.	Kindness – Makes all in our community feel valued.	Equality – Strives to live in peace with others.

	Vocabulary	Knowledge	Enrichment	Reading
EYFS	<ul style="list-style-type: none"> • bullying • bully • hurting • on purpose • again • different • differences • peer • trusted adult 	<ul style="list-style-type: none"> • Bullying is hurting someone on purpose; over and over again. • Each child in the class is different to their peers. Differences include: eye colour, hair colour, skin colour, family and talents. • Our differences make us special. • One reason that someone may choose to bully is when others are different to them. • A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the ‘Helping Hand’ model)</i> • If someone is bullying you, you should tell a trusted adult straight away and they will help to make it stop. • If you don’t tell a trusted adult, the bullying might carry on. 	<p>Odd Socks</p> <p>To reinforce the concept of us all being different, children are encouraged to come to school in odd socks over their tights / trousers. Activities linked to ‘difference’ throughout the school day should link to the ‘Odd Socks’ concept.</p>	<p>‘Giraffe is Left Out – A Book About Feeling Bullied’ by Sue Greaves and Trevor Denton</p>
Year 1 and Year 2	<ul style="list-style-type: none"> • bullying • bully • hurting • on purpose • unkind • different • differences • peer • jealous • trusted adult 	<ul style="list-style-type: none"> • Bullying is hurting someone on purpose; over and over again. • Bullying is not when an unkind thing happens only once. • Each child in the class is different to their peers. Differences include: eye colour, hair colour, skin colour, family, talents, body shape and weight. • Our differences make us special and unique. • Reasons why someone might bully are: <ul style="list-style-type: none"> - jealous of someone’s talents - jealous of someone’s friendships - feel angry about something 		<p>‘Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are.’ by Maria Dismondy</p>

	<ul style="list-style-type: none"> • barrier • fear 	<ul style="list-style-type: none"> - feel bad about themselves so want to make someone else feel bad like them - might have been bullied themselves - might not understand they are bullying • A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the 'Helping Hand' model)</i> • If someone is bullying you, you should tell a trusted adult straight away and they will help to make it stop. • If you don't tell a trusted adult, the bullying might carry on. • Barriers to telling a trusted adult include: <ul style="list-style-type: none"> - fear of being bullied yourself if it is happening to someone else - fear you might get into trouble - fear of getting a friend into trouble - fear of not being believed - fear it might get worse and your bully will be angry with you 		
<p>Year 3 and Year 4</p>	<ul style="list-style-type: none"> • bullying • bully • hurting • on purpose • repeatedly • trusted adult • physical • bruises • body • mental • emotions • mental health • listen • peers • notice • work together 	<ul style="list-style-type: none"> • Bullying is hurting someone on purpose; repeatedly. • Bullying is not when an unkind thing happens only once. • A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. <i>(Children should be able to name these using the 'Helping Hand' model)</i> • If someone is bullying you, you should tell a trusted adult straight away and they will help to make it stop. • If you don't tell a trusted adult, the bullying might carry on. • There are different types of bullying: <ul style="list-style-type: none"> - Physical bullying is when you are hurt on your body. Examples include; hitting, kicking, pushing, shoving, tripping and pinching. It can be easier to see physical bullying taking place as it actually happens. There can also be bruises, scratches or marks left on the body. - Mental bullying is when there is no physical contact but the bullying is hurting someone's feelings and emotions. Examples include; embarrassing someone, making nasty comments, leaving people out of games, gossiping, talking behind people's backs, standing by and watching unpleasant things happening. It can be more difficult to see this bullying take place as it can be done in secret, it is not physically visible to others and it doesn't leave marks, scratches or bruises on the body. 	<p style="text-align: center;">One Kind Word</p> <p>Follow the Anti-Bullying Alliance 'One Kind Word' activity. There is a focus on being acutely of using kindness to empower yourselves and others. Emphasis on the power of kindness to support all.</p> <p>Other available activities to reinforce this include:</p> <ul style="list-style-type: none"> • Random acts of kindness scheme • 7 day kindness challenge • 'Caught You Being Kind' tokens 	<p>'Stick and Stone' by Beth Ferry and Tom Lichtenheld</p>

		<ul style="list-style-type: none"> • Both types of bullying are equally damaging to someone’s mental health. • You can make a difference to someone that is being bullied. <ul style="list-style-type: none"> - Listen: Listen to your friends and peers. Are they okay? Are they trying to tell you something? - Noticing: Watch what is happening around you. Are your friends and peers okay? Is anyone being bullied? What about children that you don’t even know in different classes at school – have you ever noticed them before? - Work together: Be pro-active in making sure people are okay and not allowing bullying into our school. 		
<p>Year 5 and Year 6</p>	<ul style="list-style-type: none"> • bullying • bully • hurting • on purpose • repeatedly • trusted adult • online • cyber • mobile phone • email • social media • intimidating • banter • bantering • mocking • unwell • stress • depression • stress • self-esteem` 	<ul style="list-style-type: none"> • Bullying is hurting someone on purpose; repeatedly. • Bullying is not when an unkind thing happens only once. • A trusted adult is someone that you feel is there to help you. You have trusted adults at school and at home. (<i>Children should be able to name these using the ‘Helping Hand’ model</i>) • If someone is bullying you, you should tell a trusted adult straight away and they will help to make it stop. • If you don’t tell a trusted adult, the bullying might carry on. • Bullying can occur in different ways. As well as happening face to face, it can also happen online. This type of bullying could be on your mobile phone, via email, social media or through shared apps that host communication channels. Examples of online bullying include; receiving nasty or intimidating messages, prank phone calls, sharing of private messages or images into a public forum. Essentially, it is another forum for mental bullying. • ‘Banter’ is when people exchange playful or friendly teases with each other. It usually consists of an element of mocking someone. We need to be careful during ‘bantering’ that the other person understands you do not mean it. • There is a significant impact on people when they are bullied or when bantering gets out of hand. This includes, but is not limited to: <ul style="list-style-type: none"> - People feel physically unwell. The stress can cause them to be physically ill. - People feel mentally unwell. The stress can cause them to be tearful, feel emotionally out of control, feel negative about themselves and possibly lead to depression. - They might want to leave school. Their school work can also suffer and they are not able to learn well. - They might feel that they have no friends. 	<p style="text-align: center;">One Kind Word</p> <p>Follow the Anti-Bullying Alliance ‘One Kind Word’ activity. There is a focus on being acutely of using kindness to empower yourselves and others. Emphasis on the power of kindness to support all.</p> <p>Other available activities to reinforce this include:</p> <ul style="list-style-type: none"> • Random acts of kindness scheme • 7 day kindness challenge • ‘Caught You Being Kind’ tokens 	<p>‘Cloud Busting’ by Malorie Blackman</p>

		<ul style="list-style-type: none">- They might start to believe the things that is being said about them. This leads to low self-esteem and self-worth.		
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