



**Anti-Bullying Week:
50 Ideas for Schools**



**National Children's
Bureau**

Anti-Bullying Week – 50 ideas for schools

We have pulled together 50 ideas for you to ensure your plans for Anti-Bullying Week this year come alive. If you have any suggestions please do share them with us.

Policy and 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. For example, have you seen the lesson and assembly plans, posters or the merchandise available?
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. Make sure the group is from across the school.
3. Review your anti-bullying policy with young people, staff and parents. Do they understand it? 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 sessions for the best anti-bullying assembly ideas. We have some cross curricular ideas in the schools packs.
5. Download ideas for assemblies, including scripts provided by the Anti-Bullying Alliance from www.anti-bullyingalliance.org.uk, and use them.
6. Ask students to deliver assemblies about how to stop bullying and other anti-bullying topics.

Curriculum activities

7. Use these questions to develop a shared definition of bullying: Is it bullying if:
 - Amanda says to Yiannis, 'You'd better give me that £2 or else?'
 - Enrico is on the ground and Mark is bashing him?
 - Sarah is pouring Ahmed'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

8. 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)*
9. Use this scenario to discuss the role of bystanders: You're in a corridor when you see a child threatening another person in a corner. 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
10. Use excerpts from a list of children's fiction such as Harry Potter books or the Billy Elliot film to discuss bullying. Children can select and display the selections in the library. See *Into Film resources*
11. Have a look at ABA's cross curricular ideas in our Anti-Bullying Week school packs
12. 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
13. Develop an understanding of the roles involved in bullying by using this activity plan 'The Incident at the School Gate' <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/bystanders>
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

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bullied while people stand by doing nothing

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 and is a good starting point
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 100 ways to show kindness. Encourage pupils to achieve 500 acts of kindness during the week
19. 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

20. Set up a peer support scheme. Peer support is key to involving children and young people in preventing and addressing bullying. *Organisations like Diana Award and others have schemes currently running*
21. 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
22. Older children can develop and deliver an anti-bullying lesson or drama presentation for younger pupils

Visual displays and artwork

23. 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
24. Use one of the posters that ABA has for sale on our website to display your anti-bullying message

25. 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
26. 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.
27. 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
28. 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
29. 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
30. Wrap a band of blue fabric round your building or a prominent part of it, to show your commitment to how to stop bullying
31. 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
32. Make a circle round your building with everyone holding hands and chant the anti-bullying week slogan around the circle. *Idea from young people from Kent County Youth Council 2006*
33. Make unique anti-bullying wristbands or tags by writing anti-bullying messages on bands made with scobidoo strands, wool, coloured thread and laminated card. *Idea from Christchurch CE Primary School, Chelsea 2006*

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

IT and online

- 35.** Visit anti-bullying websites and compile a guide to the most helpful resources or information.
- 36.** 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
- 37.** Film your school's 'news story' about your anti-bullying activity and post it on the school website
- 38.** Compile individual Little Directory of useful agencies and helplines that address bullying, and distribute them to other pupils, teachers, parents and carers
- 39.** 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
- 40.** Share your activity on social media sites using the hashtag #antibullyingweek

Break times

- 41.** Make maps of school grounds and ask people to 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. *Idea from Jenny Mosley Consultancies 2006*

- 42.** 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 in 2006*

- 43.** Staff and pupils gather in the playground and someone blows a whistle to mark to mark that everyone is welcome in the school
- 44.** Introduce some structured play activity ideas or lunchtime clubs to encourage young people who might find it harder to make friends

Whole school ideas

- 45.** 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 in 2006*
- 46.** Sign up to the free All Together programme as a school to access an audit and action plan of your anti-bullying practice
- 47.** Get your school staff to complete our free CPD online anti-bullying training www.anti-bullyingalliance.org.uk/onlinetraining
- 48.** Write to the local media about what the school is doing for Anti-Bullying Week.
- 49.** Sign up to the ten key principles of reducing bullying. You can find these on our website www.anti-bullyingalliance.org.uk/keyprinciples
- 50.** Survey pupils in your school to find out about levels of bullying in your school. Ask particularly about types of bullying and whether some groups of young people are more likely to be bullied than others

Acknowledgements

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