

Safeglia Antibullying Week Planner

ANTIBULLYING WEEK 2024 PLANNER FOR SCHOOLS (KEY STAGES 1&2)

THEME: CHOOSE RESPECT

These are suggested schedule and activities for **Anti-Bullying Week 2024** (Monday 11th – Friday 15th November) with the theme '**Choose Respect.**' It includes daily assembly activities, classroom lessons, and interactive hands-on tasks for children to promote respect, kindness, and age-appropriate anti-bullying strategies. The week ends with a final 2-hour programme where students present their work, and awards are given to both staff and students who have made a positive impact.

Monday

- **Assembly: Introduction to the theme 'Choose Respect'**
 - Assembly introduces the week, the theme of respect, and what bullying is.
 - The school can watch a story or video clip demonstrating respect in action. (Check youtube for ideas)
 - A teacher explains how respect prevents bullying.
- **Classroom Lesson:** Define Bullying and signs of Bullying Behaviour. (Use open-ended questions like: Have you even been or seen someone being left out or bullied. How did that make you feel?) Ask pupils what they think about bullying in their classroom, ask if they think it happens, ask where it happens, ask what they would like to see their school do to prevent and respond to it?
- **Activity:** Have the class create a 'Respect Tree' - students add examples of respectful behaviour.

Tuesday

- **Assembly: Celebrate Differences - Odd Socks Day**
 - A fun, interactive assembly on why our differences should be celebrated.
 - Encourage students and staff to wear odd socks, and explain the meaning of Odd Socks Day.

- Discussion on how respect for differences makes a positive community.
- Class parade of Odd Socks
- **Classroom Lesson: Explain respect, and respectful behaviour.**
- **Activity:**
 - Odd Socks design challenge. Give each child paper cut into the shape of a single socks and ask them to write out all the things that make them unique. Encourage them to make this colourful and hang this in the classroom.
 - **Group the class in 2s or 4s. Ask each group to write or draw what respect means to them, examples of respectful behaviour, they would like to see in the class and why respect is important. When they are done, ask them to present their work to the class. At the end, use their work to create a respect wall in a corner of the class. Encourage** each child to celebrate their uniqueness.

Wednesday

- **Assembly: Recognising Bullying and Taking Action**
 - Assembly on the different types of bullying and how to recognise them.
 - Introduction to the 'Stop, Walk, Talk' strategy for dealing with bullying. (Read more about this technique)
 - 1- Stop! Children discover the importance of making a direct request to "stop". This is a critical step that communicates to the bully that what they are doing is not okay.
 - 2- Walk! Children learn that when they feel they have been bullied and the situation is not improving, they need to "walk" away.
 - 3- Talk! Children are taught when and how to effectively take action by reporting concerns to an adult.
 - Role-playing scenarios to demonstrate how to handle bullying situations.
- **Classroom Lessons:** Teach the different forms of bullying, and how to be an upstander.
- **Activity:**
 - Role-play scenarios for bullying intervention.
 - The "Stop" Hand Art. Encourage children to draw an outline of their hands and write on each finger what they can do to stop bullying if they witness it
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Thursday

- **Assembly: The Power of Kindness**

- Assembly focused on acts of kindness and how small gestures can have a big impact.
- Storytelling or video illustrating kindness.
- **Classroom Lesson:** Choose Respect. Explain that the theme for Anti-Bullying Week is 'Choose Respect'. Discuss what it means to choose respect every day. How can we make choices that show respect? The impact of kindness and respect on preventing bullying.
- **Activity:**
 - Kindness Worksheet
 - Respect Worksheet
 - Classroom Antibullying Poem

Friday

- **Assembly: Anti-Bullying Week Reflection**
 - A recap assembly on what has been learned throughout the week.
 - Students share their pledges or reflections on choosing respect.
- **Classroom Lessons**
 - Recap lessons learnt for the week and write Anti-Bullying pledges.
 - **Activity:**
 - Class discussion on how to continue 'Choosing Respect.'
 - **Kindness/Respect Jar:** Students write kind/respectful actions they have performed or witnessed and place them in a jar. At the end of the week, the class reads them aloud.

Activities that should be assigned a week prior to be presented at an after-school Anti-Bullying Week event on Friday:

- Anti-bullying drama/skit
- Create an emoji display to show how bullying affects our moods
- Respect and Kindness commercial (Mock adverts, advertising Respect and Kindness as solutions to Bullying)
- Talk show on Bullying, where children are the hosts and panelists. What bullying is, and how to stand against it
- Children can present the finished product of their classroom activities.

Note:

- A fun way to end the week would be awards for staff and students who have contributed the most to the antibullying week. (Eg. Inclusion star for staff or Respect ambassador for children)
- Include 5 minutes of reflection where students discuss or write down how they will use the lessons learned daily.
- Ask staff members to attend the free “Anti-bullying Course” offered by Safeglia during this week, and present their certificates to them