



# Safeglia Antibullying Week Planner

## **ANTIBULLYING WEEK 2025 PLANNER PRIMARY**

### **THEME: POWER FOR GOOD**

Welcome to Anti-Bullying Week 2025, where young learners are encouraged to use their *POWER FOR GOOD* through playful and meaningful activities. This planner includes assembly outlines, lesson plans with hands-on activities, take-home tasks, and school-wide activities to host an anti-bullying event. Please email us or share pictures of your works by tagging us @safegliaconsult across all social media platforms.

### **Monday: Odd Socks Day**

**Focus:** Recognising our own power (words, actions, choices) and how we can use them for good. This year's theme ... 'Power for Good' emphasises the positive difference each one of us can make by standing together and taking collective action against bullying. The week starts with Odd Socks Day (celebrating what makes us all unique) on Monday. Encourage all children to wear colourful socks to celebrate their uniqueness.

#### **Assembly Outline**

**Audience:** Whole school (KS1 & KS2)

**Objective:** Launch Anti-Bullying Week, introduce this year's theme "Power For Good" which empowers children to do something positive to counter the harm and hurt that bullying causes, thereby using their power for good. The subtheme for Monday is "Know Your Power", teach them that they have the power to take a stand against bullying. Celebrate each other's difference (Odd Socks Day), and get children excited/involved.

#### **Structure:**

- Good morning everyone! This week we are marking Anti-Bullying Week 2025 with the theme *Power for Good*." Explain Monday is special: "Today is Odd Socks Day, and we wear odd socks to show that everyone is different, and that difference is to be celebrated.
- Show a video clip <https://www.youtube.com/watch?v=IO6599wP390> or demonstrate what "power" means: "What does it mean to have power? It could be your words, your friendship, your smile." Ask: "What power do you think children like you have in school?"

For more safeguarding and child protection resources, visit [www.safegliaconsult.com](http://www.safegliaconsult.com), call +2347041577397, or email [info@safegliaconsult.com](mailto:info@safegliaconsult.com)



# Safeglia Antibullying Week Planner

Encourage two or three children (from KS1 and KS2) to come up and say one thing they think they can do this week to use their power for good.

- Explain what using your Power for Good means. Teach how to know your power, how to speak up safely, how to support others, how our words and actions matter, and how we can make sure our Power for Good continues beyond this week.
- Explain the goal of Odd Socks day to teach that it is okay to be different, and no one should be looked down on because they are different.
- Lower primary can sing the Learn the Safeglia “We are Different That’s Okay” song here <https://safegliaconsult.com/wp-content/uploads/2025/11/We-are-different.pdf> .

## Lesson Plan (KS1 & KS2 versions)

**Topic:** Recognising and using our power for good

**Duration:** 30 minutes

**Learning Objectives:** What Bullying Means, and what it means to use Power For Good. ***“Bullying is when someone keeps being unkind or hurtful to another person on purpose. It can happen more than once and makes the other person feel sad or scared. Bullying can happen with words, actions, or even online.”***

- Starter: What Is Bullying? Write the word BULLYING on the board. Ask pupils what they think Bullying means. How is it different from a disagreement or a one-time unkind act?
- Explain that bullying happens when someone keeps being unkind or hurting another person on purpose, and it happens again and again.
- Activity: “Spot the Bullying”
- Read or act out short examples (or show pictures). After each one, pupils decide if it is bullying or not bullying, and explain why.
- Examples:
  - Someone laughs at your shoes once.
  - A group keeps calling you names every day.
  - A friend disagrees with you about a game.
  - Someone spreads lies about you in school or online.
- Explain the forms of bullying:

For more safeguarding and child protection resources, visit [www.safegliaconsult.com](http://www.safegliaconsult.com), call +2347041577397, or email [info@safegliaconsult.com](mailto:info@safegliaconsult.com)



# Safeglia Antibullying Week Planner

- Verbal: name-calling, teasing
- Physical: hitting, pushing
- Emotional: isolating others, tormenting, hiding books,
- Cyberbullying: unkind messages or posts online
- Reflection & Discussion: Ask What does it mean to have power, how can we use our power to help, not hurt, others? Teach that we all have power, through our words, actions, and choices. Using power for good means standing up for others, being kind, and reporting bullying.
- Activity: Each pupil writes or says one way they will use their power for good this week

## Take-Home Assignment

- Encourage learners to ask someone at home to help them think of the power they have (e.g. their words, their actions, their time, their friendships).
- On a sheet, they should write/draw those two powers and then write/draw **one way** they will use one of them for good in school (or at home).
- Bring the completed sheet back to class the next day (Tuesday) and be ready to share one way you are using your power.



# Safeglia Antibullying Week Planner

## Tuesday: Speak Up Safely

**Theme for the day:** Using your voice as your Power for Good. Students will learn how to speak up safely, tell a trusted adult, and support friends who are being hurt or left out.

### **Assembly Outline**

**Audience:** Whole school (KS1 & KS2)

**Purpose:** Reinforce that every pupil can use their voice safely and wisely to make school a kinder, safer place.

### **Structure:**

- Recap: Yesterday, we learned about knowing our power.
- Today, we are learning to use our voice, to speak up safely!" Ask "What does it mean to speak up safely?". "Why is it sometimes hard to tell?". Use a scenario or video clip to show bystander reaction during a bullying incident. Discuss how speaking up can make a difference in that scenario.
- Discuss safe ways to tell (within your setting): Speak to a teacher, parent, or trusted adult, or Write a note to a teacher, or Use your class worry box or school portal if your school has one.

### **Lesson Plan**

#### **KS1 and 2**

**Topic:** Who Can I Tell?

**Learning Objective:** To identify trusted adults and understand how to ask for help when I feel worried or when someone is being unkind.

- **Starter:** *Bobby the Bear feels sad because someone took his pencil and laughed at him.* Ask: "Who could Bobby tell?", "What could Bobby say?"
- Explain who a trusted adult is: A trusted adult can be any grownup whose actions and words make you feel safe; a teacher, a mentor, a parent, a coach, anyone who loves you and respects you.
- We can always tell our trusted adults if someone bullies us.

### **Activity Ideas:**

For more safeguarding and child protection resources, visit [www.safegliaconsult.com](http://www.safegliaconsult.com), call +2347041577397, or email [info@safegliaconsult.com](mailto:info@safegliaconsult.com)



# Safeglia Antibullying Week Planner

- **“Who Can I Tell?” Poster:** Each pupil draws themselves in the middle of a page, surrounded by pictures of 3 to 5 trusted people (teacher, School Designated Safeguarding Lead, Assistant Safeguarding Lead, adult sister, aunt, school nurse, etc.). Underneath, they write or dictate the sentence: “I can tell them I need help because...” Display the posters as a classroom “Trusted Team” wall.
- **Speak Up Paper Speech Bubbles** . Create speech bubbles with paper. Encourage each child to write quotes like: I will always Speak up, “I will speak up safely!”, It is my right to use my voice, My voice is My Power, I will use my voice for good.
- **Say Aloud:** “If I feel worried, I can tell (insert the name of the class teacher, or trusted adult in the school).”

**Take-home task:** Ask someone at home to help you name two people at home you can talk to when you are upset. Draw them and label with their names and share in class tomorrow.



# Safeglia Antibullying Week Planner

## Wednesday: Take action, Be an Upstander

**Focus:** Turning bystanders into Upstanders. Use your Power for Good by standing up safely, supporting others, and showing kindness in action.

### **Assembly Outline**

**Audience:** Whole school (KS1 & KS2)

**Purpose:** Help pupils understand that everyone can make a difference by choosing to help, include, and support others. Being an upstander means using your power kindly and safely.

### **Structure:**

- **Recap::** “Yesterday, we learned to speak up safely, and to use our voice for good. Today, we are learning how to support others by being an upstander!”  
Ask: “What is an upstander?” (Encourage responses like: someone who helps, stands with others, or reports safely.)
- **Explain:** Use simple visuals or a short role-play to show the difference between a **bystander** (someone who sees unkindness but does nothing) and an **upstander** (someone who sees unkindness, and helps or reports safely). Explain that even small actions like sitting with someone who is alone, or telling a teacher can make a big difference.
- **Teach simple Upstander actions:**
  1. Support: Sit with or comfort someone who is upset.
  2. Include: Invite them to play or join your game or group.
  3. Distract: Change the subject if someone is being mean with words, or help them move away safely.
  4. Report: Tell a trusted adult what happened.
- **Class Pledge:** Invite everyone to repeat: “I choose to be an Upstander. I will use my power for good, to help and support others.”



# Safeglia Antibullying Week Planner

Optional: Create a visual display (paper handprints or stars) titled **“Our Class Pledge”** where children sign or stamp their names. You can download one here <https://safegliaconsult.com/wp-content/uploads/2025/11/Class-Pledge.pdf>

## Lesson Plan

**Topic:** What It Means to Be an Upstander

**Learning Objective:**

To understand what it means to be kind in action, and to know small, safe ways to support someone who feels sad, left out, or is being unkindly treated.

**Starter:** Show 3 short wordless picture scenarios (or project simple cartoon sketches):

1. A pupil sitting alone at break.
2. Someone dropping books while others laugh at them.
3. Two children whispering and excluding someone.

Ask: “What’s happening” , “How do you think that person feels?”, “What could you do to help?”. Encourage simple answers like: “I can sit with them.” “I can tell a teacher.” “I can ask them to join me.”

**Activity Ideas: Puppet Show or Mini Role-Play:** Act out a short story using puppets or volunteers, one child is left out, another steps up kindly. Pause to ask:

- “What did the helper do?”
- “How do you think the other child felt?”

Let pupils suggest or act alternative “upstander” endings.

**2. Say Aloud:** “If I see someone being left out, I can help. I can use my Power for Good to be kind to them.”

**Take-Home Task:** Ask children to tell someone at home about one kind thing they did today, and ask their family to share one kind thing they did in return. Tomorrow, they can share what happened during morning circle or class discussion.



# Safeglia

# Antibullying Week

# Planner

## Thursday: Words Matter. Using Language for Good

**Focus:** Our words have power, they can hurt or heal. Let us use words that build others up and make our world kinder.

### **Assembly Outline**

**Audience:** Whole school (KS1 & KS2)

**Objective:** Help pupils understand that language carries power. Our words can make someone feel small or make them feel special. We choose which kind of power to use.

### **Structure:**

- **Welcome & Warm-Up:** “This week we have learned how to speak up, stand up, and support others. Today we will learn about something powerful that everyone has, our words!” Ask:
  - “Can words hurt?”
  - “Can words help?” (Invite quick show of hands or examples.)
- **Mini Drama or Visual Story:** Show or act out a short story:
  - Child A trips and Child B says, “Clumsy!” → sad face.
  - Replay with, “Are you okay? Let me help.” → smile.
  - Discuss: “Same moment, but different words. Which one showed kindness? Which one used their words for good?”

### **Lesson Plan KS1: Using Language for Good**

**Learning Objective:** To understand how words affect others and to choose language that is kind, respectful, and supportive, in person and online.

- **Starter:** Give each child a paper heart. Say a few childlike unkind phrases. Each time you say one, ask them to fold or crumple the heart a little. Then say kind phrases (e.g., “You are special,” “I like playing with you”) and have them try to smooth the heart out. Discuss what happened to each heart, were they able make it look brand new again. Explain that unkind words leave marks on people’s hearts.





# Safeglia Antibullying Week Planner

- Explain the power of words, and how kind or unkind words make people feel. Teach what they can do differently after today.
- End with a short class promise that everyone should write down and repeat. We will use words that build others up, in school and online.
- Closing activity: In groups, pupils sort picture or word cards into two baskets: Kind vs Unkind. Discuss How would they would feel if someone said each word, and what could be said instead. Then sort these into 2 piles – kind or unkind.

**Take-Home Task:** Challenge: “Say three kind things to people at home tonight, and notice their reactions.” Tomorrow, pupils share whose smile they made the biggest!

## Lesson Plan KS2: The Power of Words

**Starter Quick Debate:** “Is it okay to call someone a name if it is just a joke?”

- Divide the room: Agree / Disagree.
- Let students explain why.
- Discuss the difference between what we mean and how it makes others feel.  
Highlight: “Even if you don’t mean to hurt someone, your words still have power.”

## Main Activity: Transforming Language

1. Give each pair cards with unkind phrases (e.g. “You’re so slow.” “No one wants you here.” “That post was dumb.”).
2. Pupils rewrite them into constructive or kind alternatives:
  - “Take your time, we will help too.”
  - “Come join us!”
  - “Maybe you could explain that again?”
3. Pairs share their rewrites aloud, practising tone and empathy.

**Reflection:** Ask How can our words be our Power for Good, What might you do differently in class now?



# Safeglia Antibullying Week Planner

## Friday: Power for Good Celebration Day

**Focus:** We all have the power to make a difference with our actions, words, and choices to make the world a kinder, safer place.

### Whole School Assembly

**Audience:** KS1 & KS2

**Objective:** Celebrate pupils' learning and empower them to continue using their Power for Good beyond Anti-Bullying Week.

### Structure:

**Recap:** All week, we have learned how to use our Power for Good. Ask:

- What was your favourite Power for Good lesson?
- What have you done differently this week?
- What is Bullying? Discuss the different types
- Celebrate staff and/or student who has been most outstanding in Antibullying Week.

### Lesson Plan: Kindness in Action

#### Objective:

Reflect on how personal choices create safer, kinder communities and commit to one action for the weeks ahead.

**Starter:** Watch a short clip or read a story about a small act of kindness spreading (or teacher narrates examples). Discuss a kind action they have done or seen all week, and how it affected others.

#### Main Activity: Power for Good Action Plan

- Pupils work in pairs or small groups to design a "Power for Good Plan" for their class or the school. e.g.: a Kindness board, posters or slogans for antibullying week. Each group presents their idea in a 1-minute pitch. The class votes for one as a real project.



# Safeglia Antibullying Week Planner

- Sign up volunteers for the Safeglia Ambassador Course  
<https://safegliaconsult.com/student-peer-support-programme/>

## Optional Whole-School Add-Ons

- **Power for Good Parade:** Pupils wear badges, medals, or wristbands they made.
- **Kindness Wall of Fame:** Display photos or notes celebrating real acts of kindness seen during the week.
- **Drama or skit:** Showing characters using their power for good
- **Song:** Children can write songs spreading awareness against bullying.
- **Debate:** Bullying vs Banter
- **Anti-Bullying Art Gallery:** Invite pupils to create **posters, drawings, or collages** that show friendship, respect, or the power of words.