



Anti-Bullying Week: United against Bullying Monday 14 to Friday 18 November 2022



The theme for this year's Anti-Bullying Week is 'Reach Out'.

Free Anti-Bullying Primary Course

On Monday 10 October, 15 schools attended SEMH's free Anti-Bullying Primary Course. This course was funded by Public Health to support the wellbeing and mental health of children in schools.

The course included aspects of Restorative Approaches to support schools when dealing with conflict, thoughts around how to ensure the wellbeing of all parties involved and discussions for building a whole school ethos as well as resources to contribute to focus on Anti-bullying week. This course was well received, and participants felt they gained: "Skills and expertise in regard to anti-bullying" and "how to deal with bullying in school, how to effectively implement a restorative approach, ideas for anti-bullying week."

The collaborative part of the day was useful for schools to share expertise and practical ideas of what is currently working well in schools. One course participant commented they had gained "Insights into how to help both bullies and victims, ways of implementing kindness strategies, working with practitioners from other schools to gain ideas and insights into their behaviour policies" Another commented "It exceeded all expectations and has given me ideas that I can implement immediately."

It was fantastic to learn about the great practice already in schools and feel the passion in the room from professionals who are supporting the mental health and wellbeing of children in schools.

ANTI-BULLYING WEEK 2022 'REACH OUT' CALL TO ACTION



Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

What can we do?

HOW CAN WE REACH OUT TO OTHERS?

1. Sharing a smile



2. Asking 'are you OK?'



3. Inviting someone to join in a game at break time, especially if you notice they have no one to play with



4. Offering to help someone in a maths lesson if you notice they are finding something difficult



5. Pass on a compliment - tell someone something you like about them



Key Message for pupils

The message we are trying to get across to pupils is that we all have the power to make decisions about how we treat each other. Everybody makes mistakes. Everybody will make a bad decision at some point. What is most important is that we always reflect on how those bad decisions effect people. The smallest of actions can make a big difference to how someone's day goes.

Working together and reaching out to each other will bring about the biggest change if our effort to stop bullying. Although your key actions may not always seem like they impact, they can play a major part in someone's life.

These cross curricular ideas take the theme further and help you weave Anti-Bullying Week throughout the curriculum.

ENGLISH



- Write a letter to a character in a book who you think needs a friend to reach out to them. Think about what you would say to make them feel better, and what advice you might give them.
- Write a poem inspired by the theme 'Reach Out'. It could be a narrative or rhyming poem, a haiku, a riddle, a shape or an acrostic poem.

MATHS



Have an older year group reach out to a younger class by planning a maths activity on a topic they're learning about (e.g. Year 6 plan a roman numerals activity for Year 4). Once the older pupils have an activity planned, make time to get the classes together so they can work together on the activities.

SCIENCE



Investigate the impact humans have had on various environments (e.g. rainforests, building on green land, plastics in the ocean) and what that means for plant and animal life that live there. Discuss how our actions can have a huge impact on the world around us – link this to the impact we can have by reaching out and spreading kindness, or reaching out for support when we need it.

P.E



Experiment with a team game that the pupils know well, e.g. rounders or netball. Agree on a small change or adjustment to the game, e.g. playing with a different ball, moving the posts further apart, not allowing players to move with the ball. Make a prediction for how this will change the game.

Play the game with this new adjustment and come together afterwards to talk about the impact this change made. Was the game harder? Easier? How did we adapt to the new game? Can small changes make a big difference?

MEDIA/FILM/IT: CREATE YOUR OWN ANTI-BULLYING WEEK VIDEO



Ask pupils to create their own Anti-Bullying Week 'Reach Out' video.

Ask them to consider:

- The message behind 'Reach Out'
- The school anti-bullying policy
- Examples of 'Reaching Out'
- The importance of messaging and how they should consider what they include with others in mind.
- You could use the 'Reach Out' logo and concept of arrows to help – all images can be found on our website

The above information has been taken from the [Anti-Bullying Alliance website](#).

The Anti-Bullying Alliance have developed lots of [free resources](#). The primary and secondary school packs help you bring Anti-Bullying Week to life.

- [Primary school packs](#)
- [Secondary school packs](#)
- [BBC teach lesson](#)

We'll be wearing odd socks with the **Anti-Bullying Alliance** and their patrons, **Andy and the Odd Socks**, on **Monday 14th November** for **Odd Socks Day**. Will you?

Odd Socks Day

#AntiBullyingWeek
#OddSocksDay

The graphic features a group of five diverse young people smiling and posing. The background is split into green and black sections with large white and pink arrows pointing towards the center.



Leicester City Council's Anti-Bullying Award Positive Peaceful Places

Positive Peaceful Places has been developed to support schools in evolving peaceful practices in all its forms. The award looks at how schools can develop structures, policies and systems but also to develop justice, fairness, a shared ethos and the building of healthy relationships – all of which links to the 2019 Ofsted Handbook.

The first schools have now successfully completed the award, and many schools are currently on their journey towards accreditation. We are continuing to run the award but with adaptations that suit schools due to social distancing and recognising the challenges schools face at the moment.

It would be wonderful for more schools to join us in gaining accreditation and celebrate their achievements through this award. We have a team of staff who can train and support you through the process.

Get in touch

For more information, including details of the Positive Peaceful Places Award, please contact:

Social Emotional and Mental Health (SEMH) Team (0116 454 4650)

- Beth Pope (bethan.pope@leicester.gov.uk)
- Jo Lockley (jo.lockley@leicester.gov.uk)



City Psychology Service (0116 454 5470)

- Bhavin Pathak (bhavin.pathak@leicester.gov.uk)

Other Resources and Suggestions to Make Your Week Effective

Book Ideas – General books about diversity and themes associated with bullying

	<p>Elmer by David McKee</p> <p>Story about a multicoloured elephant who paints himself grey to look like other elephants. Helps celebrate the value of being unique and to be yourself.</p>		<p>Giraffe is Left out By Sue Graves</p> <p>Giraffe feels left out because he hasn't been invited to a party but his friends have. Looks at the value of kindness and explores themes of excluding others.</p>
	<p>The Pirates Next Door By Johnny Duddle</p> <p>The Jolley -Rodger Pirates arrive as new neighbours into the neighbourhood but are judged by their appearance by everyone except Matilda. Addresses themes of acceptance and difference.</p>		<p>Tyrannosaurus Drip By Julia Donaldson and David Roberts</p> <p>A rhyming tale that finds a duckbill in the wrong nest. Despite name calling he demonstrates the courage to still be himself.</p>
	<p>Feather Boy By Nicky Singer</p> <p>A KS2 novel about Robert who is bullied by Nicker at the same time as his parent's marriage is breaking up. Themes of courage and resilience.</p>		<p>Buried Alive By Jacqueline Wilson</p> <p>Suitable for KS2 this story is about friends on holiday who are joined by two others that arrive who spoil and ruin their stay. With help they learn to stand up to them.</p>

	<p>Secondary – Noughts and Crosses By Malorie Blackman</p> <p>Callum and Sephy are friends but can no longer be together in a world where difference is not tolerated. Encourages pupils to think about difference.</p>		<p>Secondary – Hollow Pike By Juno Dawson</p> <p>Lis moves country to try and escape her tormentors but ends up in events linked to a murder. Looks at the relentless malice of school bullying.</p>
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Book lists to support different themes

The Book Trust

[Themed booklists for children](#)

Huff Post

[35 Children's Books that teach Empathy and Kindness](#)

Activity Ideas

Random Acts of Kindness

Encourage your pupils to undertake random acts of kindness within their school, family and friends. You could create bags of joy that contain little messages and pictorial gifts to leave anonymously for a person or perhaps even assign one child a day to give the gift to a chosen class member. Alternatively, to the bag this could be a card or little pass given with a free hug or smile recorded on it.

Wrinkled Heart

Help pupils consider the impact of hurtful words by using a large heart shaped piece of paper. As you read a story (perhaps one of suggested above) scrunch up the heart each time someone was unkind to the main character. Try to flatten out the heart each time in the story someone was kind. At the end discuss the wrinkles on the paper and consider how although people have tried to make things better it does affect the original person. They are healing but this experience will stay with them. Then encourage the key message of think before you speak or act. It may be powerful to display and explain this in your classes.

Kindness Challenges

Set yourselves as a class or school to undertake kindness challenges. This could be for example; a school food bank collection, visit to the local care home to sing them a song or litter pick around the local area.

Kindness challenges can be given on a bingo grid for each pupil and they are then given a period of time to cross off and achieve as many as possible. A certificate for achieving different levels of achievements might be nice to be issued as a reward.

For older students in secondary encourage the pupils to dedicate a week of spreading positivity on social media through the messages they send to friends.

Explore How Kindness is Shown

Consider researching local, national and international acts of kindness to bring awareness of pupils that this can be shown in many different ways.

Kindness Catchers (origami paper fortune teller)

Make a kindness catcher using origami and under each flap consider an act of kindness for example: give a compliment, tell a joke, give a high five, share some class resources with them, let your friend go first.

Circle time

Using a talking object explore kindness encouraging your pupils to finish a sentence such as... *one nice thing in my life is....* or *something kind that has happened to me was when ...*

Thank You Post Box

In your school or classroom create a physical post box that people can use to send messages of kindness to each other.

Fill your Bucket / Jar of Kindness

Thank you, messages can also be placed in a physical bucket, or on the wall display bucket after using the 'Have You Filled Your Bucket' story and kindness concept. Alternatively, the messages can be put in a jar and shared at times to suit the class.

Shout Out boards

In staffrooms and classrooms people can write down and 'shout out' to acknowledge the act of kindness that was shown.