



Anti-bullying Lesson Plan



(Running time 1hr+)

*all times are approximate. It may be appropriate for your group to spread this plan over a couple of lessons/ spend longer on items/ set a task as homework etc *

Appropriate for Secondary Students Year 7-11

THEME: *Stand up for us*

Starter:

- CLASS EXERCISE: Who is responsible for bullying?
 - Open discussion re: who is responsible for bullying? Why does bullying happen? Whose responsibility is it to deal with bullying situations when they occur? *MINDMAP (10-15 mins)*

Key concept: everyone is responsible for bullying; if we are all mindful and aware of issues and take action against them, it is more likely that we'll be able to create a culture where bullying is not accepted.

Task 1:

- CLASS EXERCISE: Adults and Children: who experiences bullying and how?
 - part 1: *Open discussion – Comparison list of similarities & differences between how adults and children experience bullying. (10 mins)*
 - part 2: PARTNER EXERCISE: what can adults do to help children who are experiencing bullying? *(5 mins)*
 - part 3: CLASS FOCUS: share ideas *(3 mins)*

KEY POINT: adults can help young people with their bullying scenarios and are also responsible for helping them overcome these (note-this does not mean solving the problem for them; it means encouraging and supporting in whatever ways they can).

Task 2:

- What would young people like different adults to do about bullying?
 - SOLO EXERCISE: worksheet *(10-15mins)*

KEY POINT: There are different adults in our lives whom we can rely on, but they will provide different types of help.
Key concepts: We may want help from adults at different times in our lives but they may not be aware of this – if you need help, ask for it and tell that person how you'd like them to help.

Task 3:

- CLASS EXERCISE: Empowerment
 - What does the word empowerment mean? *MINDMAP/ DISCUSSION*

Key concept: Empowerment is about taking ownership of your self and your actions.

Definition: the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

KEY POINT: Everyone has the ability to take some action and change their own situation in some way. Decide to take positive action. If you or someone you know is being bullied, you have the ability to do something positive about it.

Plenary:

- PARTNER EXERCISE: Take 1 minute to talk about what you have learnt in this session (1 min)
- CLASS SHARE: ask a few people to share what they have learnt with the class (2 mins)

HOMEWORK:

- Research and find different examples from history where adults have stood up for young people.
 - Who were they? What did they do? Who did they stand up for? Did this lead to any changes? Eg in law, personal lives etc? *(30-40mins)*
 - Can you think of any examples where children have stood up for adults?
 - Can you think of any examples where children have stood up for each other?