



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 Lower-mid Secondary/ Year 7-9/ KS3

THEME: All different, all equal.

Starter:

- CLASS EXERCISE or SMALL GROUP EXERCISE: What does being different mean?
 - Create a class definition of what it means to be different
- CLASS EXERCISE: looking at our differences (personality and physicality)
 - Look around you. What are some of the differences between you and your classmates?
 - Create a mind map in your group of what differences there may be between people. (5-10 mins)
 - Discuss as a group the ideas people have come up with. (5mins)
 - Encourage debate/discussion of ideas people disagree on. (5-10 mins)

KEY POINT: Everyone is different. Although we may have more in common with some people than others we all have differences and this is to be celebrated.

KEY POINT: The differences people notice will be different from each other. What one person notices, another may not.

Key concepts: words and ideas associated with being different.

Key concepts: different is positive. Difference is not bad!

Task 1:

- PAIRS EXERCISE: Talk about and write down a list of similarities and differences between you and your partner (5 mins)
 - get some of the pairings to share a few points from their list (3-5 mins)

KEY POINT: even friends will have differences. People may not have noticed differences between them until they really think about it. Not all differences are immediately apparent.

KEY POINT: Remember, whatever our differences, we are actually more similar than we are different!

Task 2:

- CLASS EXERCISE: What does a bully look like? (5 mins)
- Why do people get bullied? (5 mins)
- How might someone who is being bullied for being different feel?

Key concepts: Empathy

KEY POINT: Anyone can get bullied or be a bully, regardless of age, gender, height, weight, ethnicity, race, religion etc. Although bullies may pick on differences, this is not an excuse for treating someone badly. If we look closely everyone is different and no-one has the right to bully someone because they are different.

Task 3:

- Racism/Homophobia/Sexism/Ableism: Open discussion about prejudice and how some differences that people may have lead to others committing hate crimes or exhibiting bullying behaviour. *Check: understanding of terms.*
- Why are these issues so prevalent in today's society?

Key concepts: Awareness, social media influence, radicalisation, more freedom and choice for individuals about how to lead their lives, society more accepting? –encourage debate and discussion about these ideas. Empathy & understanding

KEY POINT: Some differences are more obvious than others. Stereotypes and labels are rife in society but this does not mean that people should lead their lives in line with these. Hateful behaviour is unacceptable.

Task 4: Extension/ Homework

- SOLO EXERCISE: Write a letter to a made up/anonymous character who is being bullied for being different. Try to encourage them to feel good about themselves, provide support, advice or encouragement. (20 mins+)

Key concepts: Empathy, understanding, positive language, taking positive action, empowerment.

Plenary:

- PARTNER EXERCISE: Take 1 minute to discuss 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)
- FINAL QUESTION: What would do if you were getting bullied? Is there anything that someone else could do to help?

Key concepts: Bystanders, responsibility,

