

BULLY 4 U PRIMARY

AWARENESS BOOKLET ON BULLYING, EMOTIONAL HEALTH AND ONLINE SAFETY
FOR PARENTS & GUARDIANS



loudmouth
education & training through theatre

This booklet is for parents and guardians of the pupils who will be having the theatre in education programme, Bully 4 U into their school.

Bully 4 U is a theatre in education programme run with students in years 3-6 (ages 7-11). It is an age appropriate and well researched programme designed specifically to raise awareness around the topics of bullying, emotional health and online safety.

Bully 4 U was created and delivered by Loudmouth Education and Training. The company has been delivering Relationships and Health Education (RHE) in primary schools since 1994 and has reached over one million children, young people, professionals, and parents across the UK.

The programme, Bully 4 U, links directly to the Government's RHE statutory curriculum that states that pupils should know...

- about different types of bullying (including cyberbullying and the impact of bullying).
- about how to get help and the responsibilities of bystanders to report bullying to an adult.
- that bullying (including cyberbullying) can have a lasting impact on mental wellbeing.
- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- that there is a normal range of emotions (e.g. happiness, sadness, fear, surprise, nervousness) to different experiences.

The programme uses dramas, characters Q&A session and discussion to teach about bullying, emotional health and online safety. Below is further information about the programme, Bully 4 U, and some tips and suggestions on how to use your child's participation in this programme as a way to start discussions at home around the issues it covers and ways to support your child if they are affected by the issues.



Your child will have watched a short drama as part of this programme. During the drama they will have met lots of different characters who share their experiences about bullying. The scenes are linked together by a presentation by two superheroes known as 'The Bully Busters'. They ask the children to join them on a mission to learn how to spot and stop bullying. The different scenes illustrate what the Bully Busters have taught and explore different types of bullying including cyberbullying, the role of the bystander and impacts on mental health.

After the drama, the students get the opportunity to meet two characters from the drama and ask questions about the key themes for the drama. The Loudmouth facilitators then run small group discussions with the pupils on the signs of grooming, victim blaming and the impacts of child exploitation.

The session ends with information of where the students can go for help if they have any concerns about the issues and want further information and/or support including ChildLine, www.thinkuknow.co.uk, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk)



STOP MODEL

During the session, children learn the STOP model. This is used to help identify if a situation is bullying or not. The model looks at whether actions were repeated (several times) and deliberate (on purpose). A one-off and accidental incident wouldn't be bullying but deliberate and repeated incidents would be.

Several

Times

O_n

Purpose

During the Bully 4 U programme, the pupils learn a series of tips (and a series of movements to help remember them) that can be used if they or someone they know is being bullied through their phone, tablet or computer. The list of tips is shown below. Ask your child if they can teach you the moves too!

Tips for Dealing with Cyberbullying

- Flag It** Report any messages or phone calls.
- Block It** Block any unwanted emails, phone calls or messages.
- Zip It** Keep personal information safe and do not give out your password.
- Save It** Save all messages as evidence.
- Cool It** Stay calm. Do not retaliate.

The Bully 4 U programme introduces some tips on managing mental wellbeing known as The Five Ways to Wellbeing. The details covered in the drama for each 'way' are listed below.

THE FIVE WAYS TO WELLBEING

Connect

Connect is about connecting with other people, being around them and having a real conversation...instead of through a screen. Connect with other people.

Be Active

Stay fit and look after yourself, play sport or do exercise. The simplest things can make a difference like getting a good night's sleep and eating well.

Learn

Find something that interests you and learn about it. Get new knowledge or learn a new skill. Learn how to cook or juggle, learn new things,

Take Notice

Look around you. Not just at your screen but be interested in things. You'll be amazed at the stuff you didn't notice before when you have your head up and look around.

Give

Give your time, help others out. Helping others can feel great and makes a difference to someone else so double whammy! Help with the housework, pay someone a compliment, offer to do something for them, volunteer. Give!

*Engaging and
relates to real life.
Uses superheroes
which children
love.*

Teacher



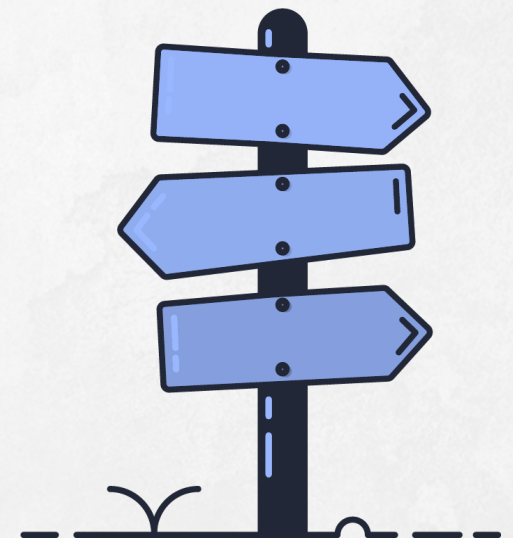
Signposting

There are many people that your child can go to for help and support around the issues covered in the Bully 4 U programme including family and school staff including the school's designated safeguarding lead (DSLs).

There are also many organisations that can offer specialist support. Further information and additional signposting for young people can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk

They could also contact...

- www.childline.org.uk 0800 1111
- www.thinkuknow.co.uk



Starting a discussion

Loudmouth uses drama as a safe way to discuss issues. Pupils can talk about the characters and the situations shown in the drama without feeling pressured to talk about themselves. This can also help to start discussions at home about topics that could be embarrassing or awkward for some people.

IDEA

On the next page are some ideas for questions that you could use as conversation starters at home with any child who has watched the Bully 4 U drama. These can be a safe and easy way to begin this discussion on these issues, especially if they are not topics that you usually talk openly about.

What did the Bully Busters teach you about what to do about cyberbullying?

How might the characters who were being bullied have felt?

How did bullying affect the character Reah's mental health?

Who could the characters talk to if they were worried about bullying? Why didn't they talk to these people already?