

BULLY 4 U SECONDARY

AWARENESS BOOKLET ON BULLYING
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 7-9 (ages 11-14). It is an age appropriate and well researched programme designed specifically to raise awareness of different types of bullying.

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 RSHE 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.
- how stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage.
- what constitutes sexual harassment and sexual violence and why these are always unacceptable.
- about online risks and how to identify harmful behaviours (including online bullying, abuse or harassment) and how to report, or find support.

The programme uses dramas, characters Q&A session and discussion to teach about a wide range of issues including bullying, resilience, online safety, homophobic and sexual/sexist bullying. 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. The drama contains a lot of different scenes and characters that explore bullying. Some are comic scenes that explore the nature of banter and when this can become bullying. Others are more serious and look at the impacts of different forms of bullying. One character is struggling with being bullied online, another talks about their experiences of being bullied because of their sexuality. Scenes also explore sexual and sexist bullying and bullying within relationships and the impacts on both men and women.

After the drama, the students get the opportunity to speak to two of the characters to questions them about their experiences. The Loudmouth facilitators then run small group discussions with the pupils to look at a range of scenarios to identify and discuss the different type of bullying and develop empathy for those being bullied.

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, thinkuknow, The Mix, the school's Designated Safeguarding Lead, and the Loudmouth website (www.loudmouth.co.uk)



STOP MODEL

During the session, students 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 students learn a series of tips from a character who had previously been cyberbullied (bullied through their phone, tablet or computer). The list of tips is shown below.

Tips for Dealing with Cyberbullying

- **Report any messages or phone calls.**
- **Block any unwanted emails, phone calls or messages.**
- **Keep personal information safe. Do not share your password.**
- **Save all messages as evidence.**
- **Stay calm. Do not retaliate.**



The range of characters highlighted the different types of bullying and reinforced the message that bullying can affect anyone.

Head of Drama

Where to get help and support

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/college staff including the school's designated safeguarding lead (DSLs).

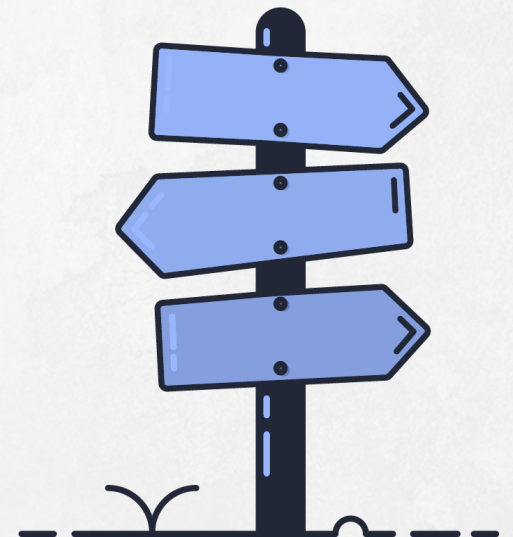
There are also many organisations that can offer specialist support. Further information and additional signposting for young people can be found on the young people's pages on the Loudmouth website www.loudmouth.co.uk

They could also contact...

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

Reporting hate crimes

- Police on 101 (non emergency) and 999 (emergency)



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.

How could someone put the tips, the character Cam, gave about cyberbullying into practice?

What is the difference between banter and bullying?

How can someone safely support people who are being bullied?

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