



# Bully 4 U Primary

QUICK  
REFERENCE

BULLY\_4\_U

PRIMARY  
AGES 7 - 11,  
KS2

ISSUES  
COVERED

BULLYING,  
EMOTIONAL  
WELLBEING,  
ONLINE  
SAFETY

## BULLY 4 U (PRIMARY VERSION)

Research by the NSPCC found that 31% of children experienced bullying by their peers during childhood and a quarter of children bullied by their peers suffered long term harmful effects lasting into adulthood and impacts on their emotional wellbeing. Cyberbullying and online safety are also major concerns among children and teenagers with an increase in bullying via mobiles, email, consoles and websites.

## HOW WE CAN HELP

Bully 4 U is a fun, safe and carefully structured theatre in education programme that uses drama as a safe way to help children aged 8 to 11 years old to **widen their definition of bullying**. The focus is on gaining a broad understanding of many different forms of bullying, identifying when bullying is happening and knowing what can be done to stop or prevent it. The session also develops children's understanding of emotional health and wellbeing with tips on how to maintaining good mental health. The programme also includes work on cyber bullying and tips on how to stay safe online. The package includes pre and post session lesson plans.

"I LEARNED THAT  
IF AM BEING  
BULLIED THAT  
THERE ARE THINGS  
I CAN DO ABOUT  
IT."

- YOUNG PERSON

## WHAT WE DO

Bully 4 U includes a drama and interactive workshop, available in different formats to suit your budget and timetable. We can work with a whole year group in one day for theme or drop down days or can do more targeted work with class sized groups. We are very low tech; we come to your venue and can run sessions in spaces such as classrooms, school halls or youth centres.

The content of the workshop is clear and pitched at the right level for the range of abilities. Children engaged with all aspects of the work and are obviously considering aspects of the topic they have not uncovered before.

Teacher

## Learners will -

- have an increased awareness of the effects of bullying / cyber bullying.
- have an increased understanding of the importance of emotional wellbeing and good mental health
- have an increased ability to identify a range of effective strategies in dealing with bullying / cyber bullying.
- have an increased knowledge of what relevant and appropriate services can offer to support young people affected by bullying / cyber bullying and mental health e.g. ChildLine.

## SIMPLE, CLEAR BOOKING PROCESS

Since 1994, Loudmouth have worked with over half a million children and young people across the UK and Europe and are a regular part of many schools' annual PSHE programme. This means we understand how to make the booking process as simple as possible with clear advice and a friendly and hassle free service.



**Call today for a quote on 0121 446 4880**

For further information on this programme or any other Loudmouth programmes phone Caroline Bridges on (0121) 446 4880 email [info@loudmouth.co.uk](mailto:info@loudmouth.co.uk) or visit our website at [www.loudmouth.co.uk](http://www.loudmouth.co.uk)