

Don't be a bystander be a friend

Age Range:

7-11, Years 4-6, KS2

Topics Covered:

Bullying, Cyber bullying, Relationships

Time:

20-40 minutes

Equipment needed:

Clear space, paper and pens

Learning Outcomes:

- Young people have an increased understanding of different forms of bullying including Cyber bullying.
- Young people have an increased ability to identify a range of effective strategies in dealing with bullying / Cyber bullying.
- Young people have increased knowledge of what relevant and appropriate services can offer to support young people affected by bullying / Cyber bullying. E.g. Childline, Get Connected.

This supports key concepts for PSHE education in personal wellbeing including:

- Personal identities
- Healthy lifestyles
- Risk
- Relationships

An exercise to explore different ways of dealing with bullying.

Introduction

This exercise uses reflective learning and team work to explore children's knowledge and understanding of different ways to stop bullying.

Exercise

Explain to the group that you may never be bullied yourself but may see someone else being bullied. Introduce the phrase 'Don't be a bystander be a friend.' Ask the group what they think that would mean someone should do if they are being bullied.

Inform the group that you are going to look at a characters situation and look at ways how they could be a friend to them and help prevent bullying.

Read out the following:

Maz is on the playground at lunch time when Sian and Nat come over to her. They start calling Maz names and also push her. This is not the first time this has happened.

Ask the group to imagine they were on the playground and have seen and heard everything that has been going on. Explain that they need to not be a bystander and be a friend to Maz.

On one piece of paper write Maz and place in the middle of the room. Then ask the group for suggestions on what they would do in this situation. If the group give general suggestions then dig for more specific actions i.e. go and tell someone – ask who might someone tell? Stand up to the bully – How might someone stand up to the bully? Write all the groups suggestions on separate pieces of paper.

Once all the suggestions have been recorded ask the group to place the suggestions around Maz. The suggestions closest to Maz are the suggestions they feel are most important and effective to use and the ones further away are suggestions they feel are not going to work or less effective.

Summary

Spend some time exploring why the group has put the suggestions where they have. You can also look at different situations i.e. what if Maz was being cyber bullied? Ensure you also explore where else friends can get support like Childline.