

## Take a Stand Against Bullying Competition Entries

We had some fantastic entries for our 2013 Competition 'show us how you stand together against bullying'. Here are some of the Anti-Bullying initiatives which our entrants have tried and tested (with success) in their schools....

### **Recipe for Kindness**

This is a great way to get students at a young age to think about what makes a good friend and how they can be a good friend to others. Start by discussing with them the qualities that they think make a kind person. Give them this list and ask them to put it in a recipe format eg, a pinch of their recipes.



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### **Shield Against Bullying**

This is a good exercise to look at what young people can do if they are being bullied. Draw the outline of a shield and have a discussion about all of the things someone can do if they are being bullied eg, count to ten and don't retaliate, write their thoughts down in a letter, do something they enjoy, make a list of all of the good things that anyone has ever said about them. The idea being that when they are bullied they can do the activities in their Shield Against Bullying to make them feel more positive.



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### **Anti-Bullying Paper Chains**

Cut a piece of paper up into strips. Ask each student to write on a strip of paper what they will do that term to help tackle bullying. Stick the strips together to make a paper chain. At the end of the term/year take the paper chain down to see whether each person has achieved what they wrote down.



### **Motto Competition**

Hold a competition in the school to come up with the best Anti-Bullying motto. Put the winning competition up in the school.

### **Map out bullying in the school**

Print out a map of the whole school. Ask students to circle in different colours the areas they feel safe in and the areas they don't feel safe in. This will highlight to staff which areas of the school need to be looked at to make safer.



two areas they don't need to be

### **After school clubs for new Year 7s**

Moving from Year 6 to Year 7 is daunting for many young people. Why not ask your Anti-Bullying Ambassadors to run after school clubs

clubs to give the new Year 7s a chance to meet some of their new peers before they start in September.

### Anti-Bullying Collage

Write out a short motto related to stopping bullying in large bubble writing. Get students to write one word that makes them think about bullying. Stick these inside the writing to make an Anti-Bullying collage with a high impact.

### Anti-Bullying Superhero Competition

Put students in teams of 4 and give them resources eg, cardboard, balloons, pipe paper, lolly sticks. Give them 30 minutes best Anti-Bullying superhero out of the could give each team a different theme cyber-bullying, name calling. Ask each the different skills of their superhero. On activity you could discuss what qualities need to be someone in the school's



a variety of cleaners, tissue to create the resources. You eg, superhero for team to explain the back of this the students superhero.

### Year 7 Questionnaire

When the Year 7's start at your Secondary to complete a quick questionnaire that they would do in certain bullying related scenarios eg. if someone at school was calling you names in the playground what would you do? Use this questionnaire to help explain to the new Year 7s about the school's Anti-Bullying report system and the staff members they can to report bullying to. This is also a good opportunity to introduce them to the Anti-Bullying Ambassadors and to explain their role.

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