

Bullying (KS 1-2) input: Lesson plan (60 mins)

Aim:

For students to understand what bullying is and to support each other in preventing bullying in their environment

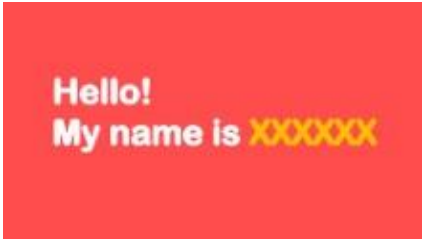


Objectives:

- To understand the types of bullying
- To understand how bullying makes people feel
- To know how to get help for bullying

REQUIRED:

- Consider the classroom/location layout to enable engagement, i.e. group work, feeding back, extension activities
- Discuss with the teacher any additional needs for students in the class
- Check with the teacher if they have classroom rules. This ensures you know what expectations there are in the classroom re behaviour.
- PowerPoint presentation. Ensure the teacher has seen the presentation and lesson plan prior to delivery
- The Police officer is not responsible for behaviour and discipline in the class. This remains with the teacher
- Projector/Smart board (Tech to show the presentation)
- Add your name on slide one
- Paper (for extension activity)

Lesson process

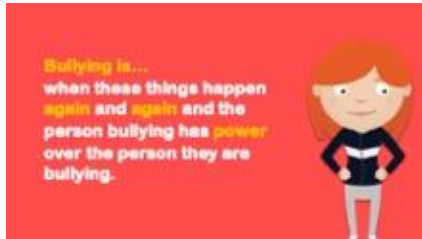
	Introduce yourself (Name, role etc) Consider setting classroom rules (which may already be available). These may include <ul style="list-style-type: none">• Raising a hand to talk• Respecting what others say	2:00
	Tell the group that today you are going to talk about bullying and how to help each other.	1:00
	Ask the group if anyone can tell you what different types of bullying there are	2:00



Explain the definition of bullying:

2:00

- Physical
- Verbal
- Emotional
- Cyber bullying



Explain what bullying is, emphasising when an action is repeated again and again.

2:00



Using the emojis as a starting point, ask the group how being bullied makes them feel? Either

5:00 – 10.00

- As a class, hands up
- In groups
- In pairs

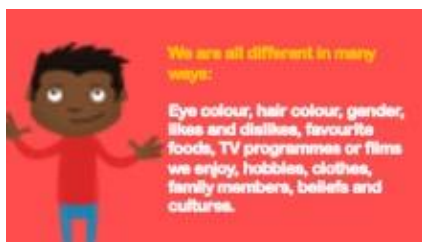
Depending on method, ensure feedback happens to ensure understanding by the whole group.



Consolidate the above slide to ensure everything is covered. Ask questions like

5.00- 10.00

- Why might it make us angry? (lack of control, unfair)
- Why are we confused (like we don't fit in, don't get why it's happening)



Having covered 'not fitting in' discuss how we are all different, none of us are the same and we all look different and we all like different things... and that's good. We should be proud of how we are different and we should respect everyone's differences.

2.00



Encourage the group to embrace who they are.

1.00



Discuss how we all have the right to feel safe and if we don't then we should talk to someone.

2.00

Let's talk about online bullying

Tell the group, we are going to talk about a different kind of bullying that takes place online. 1.00



Read the statement on the slide. Ask the group, how many of them have been called something bad online? 4.00

Why do they think someone would do that? Anonymity. Feeling they won't get caught. Feel it's not as serious as saying it to someone's face. But does it still make you feel bad?



Explain how easy it is to make mistakes online, but to consider whether they would say it in the offline world. If not, they shouldn't be saying it online. 2.00



Explain to the group that being bullied is not their fault, but if it is happening they need to ask for help... 1.00



... so they can be supported. -

Who could you talk to if you were being bullied?

Ask the group, who they can talk to if they are being bullied. Either in pairs, group or whole class (hands up). 2.00-3.00



There are a number of people they can speak to. You can explain, that in school it may be best to tell your teacher. 3.00

Read text

0.30

Remember we talked about how being bullied felt...

...if you saw someone being bullied, what could you do to help?

Read text. Ask the class, in groups, to discuss how they can help someone being bullied. What can they do to help them feel better? Either break the group into pairs or small groups to discuss before feeding back an idea each to the class

5.00-10.00



Read text

0.30



Read text

0.30

...and if you are being bullied...

Read text

0.30



Go through the SAFE mnemonic

3.00

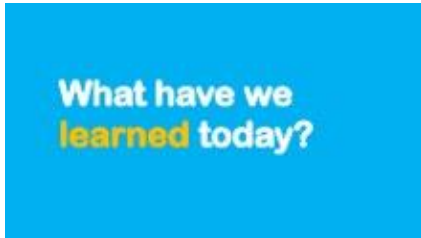


Reassure the class that the police are here to help and sometimes people do bully because they are influenced by their friends or they are having a tough time. Read out the statement and emphasise that the police want to help young people do well.



Share where the group can find help. Thinkuknow (online bullying) Childline for support (bullying and other support).

Consolidation



Ask the whole class what they have learned today, ensuring knowledge on 5.00

- The types of bullying
- How online bullying is different
- The affect that bullying has on a person
- What we can do to help someone being bullied
- Go through the SAFE mnemonic again

Extension activities

- Design anti-bullying posters
- Use the additional resource to create a 'Things I like about me' picture