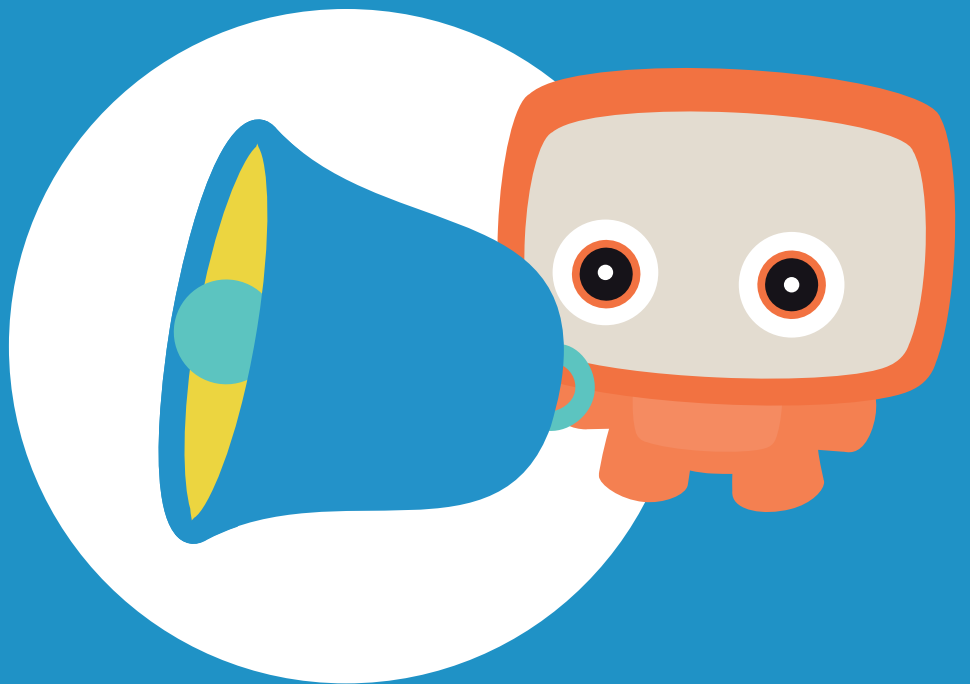


ME, YOU & US

Script



Me, You & Us

20 MINS

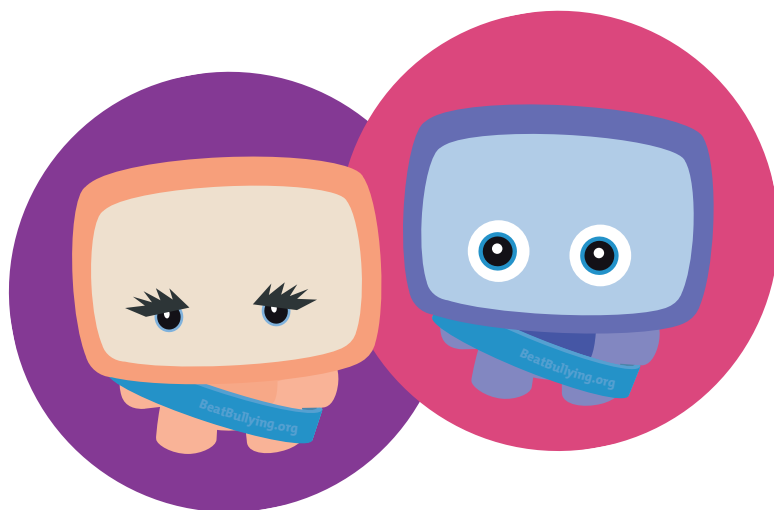
For Anti-Bullying Week this year, BeatBullying wants you to **band together** to make bullying unacceptable. We want young people and professionals to understand that tackling bullying is **everyone's** responsibility. Our series of resources have been created to help your students understand both the difference they can make as an individual and the power of taking a stand collectively.

This Assembly plan is designed for Key Stage 3 and 4 students, however may be suitable for some KS2 groups. Please assess this and use if applicable. This plan has been created to help you encourage your pupils to explore and understand the long-term effects of bullying behaviour. The script provided has been italicised below. Please note this is simply a guide, feel free to build upon this if you wish.

You might also want to encourage pupils to share their own experiences as part of the assembly; if you do, make sure they are given adequate time to prepare and know they are being supported - it takes a lot of courage to speak out against bullying.

Assembly objectives:

- To understand the long term impact of bullying behaviour
- To celebrate Anti-Bullying Week by encouraging acceptance and celebration of difference
- To band together to make bullying unacceptable



Beat Bullying

SLIDE 1 - INTRODUCTION

Play video as the last students are entering the hall. We have chosen this song as a representation of the feelings a young person may experience when they are involved in bullying; it is a song many young people have used to voice the isolation and frustration they feel. Please keep in mind that we are here to support young people who are being bullied, as well as those young people who are exhibiting bullying behaviour.

Initial welcome

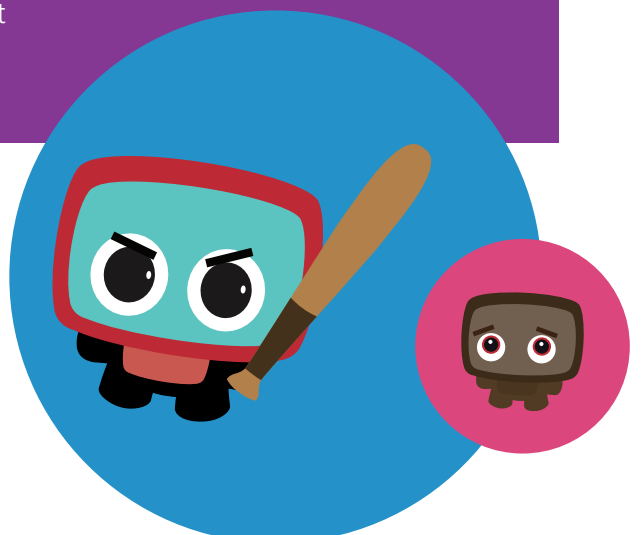
Today I want to talk to you about bullying. It is Anti-Bullying Week and it seems like a good time to speak openly about how we can work together to prevent bullying taking place in our school.

SLIDE 2 - IMAGINE..

The aim of this slide is to get the young people to empathise with what it's like to be bullied and think about how the different emotions may impact on their life.

Imagine...

- If the first thing you saw every morning was a message of hate
- You didn't know if you could make it through the school day
- If you just wanted to be invisible
- If every time you walked into a room it became silent
- If people made you feel worthless
- Imagine if you couldn't see a way out



SLIDE 3: NATALIE'S STORY

By sharing the story of our ambassador, Natalie, you are emphasising the consequences of bullying behaviour. Once you have shared the story with the young people the video will enable them to hear this in Natalie's words and come face-to-face with the potential impact of bullying.

I want to share Natalie's experiences of bullying with you.

Natalie was severely and relentlessly bullied offline and also online. The bullying started at school, where fellow students would call her abusive names due to her weight, spit at her and even try to cut her hair whilst she was in class.

The bullying followed Natalie home when she became a member on the website Formspring and she started to receive anonymous, abusive messages and comments. She would receive comments saying things; such as, she was fat, ugly and that she should die. Going home after school used to be an escape for Natalie, but the cyberbullying made it feel like the exact opposite, like she had nowhere to hide.

The bullying became so bad that at one stage she even considered taking her own life. Eventually, Natalie was able to speak out and talk to her parents. She also turned to BeatBullying where she could speak with her peers. Now, Natalie is an ambassador for BeatBullying and speaks out on this issue both in her community and nationally, encouraging other young people to stand up to bullies. Helping others to deal with online bullying helped Natalie regain her own sense of self-esteem and confidence.

Play video



SLIDE 4: LET'S BE HONEST

Here you are encouraging honesty around the subject of bullying. Anti-Bullying Week is the perfect time to encourage acceptance of our own behaviours in a positive way. It is important to get across that while we may have all been involved in these situations, this is a time to acknowledge that and make the necessary changes to move forward in a positive way.

I'm sure to an extent we've all been involved in this situation. We may have been a part of it by excluding someone. We may have laughed along. Maybe we liked a comment on a social networking site. Perhaps we've anonymously made comments about other people without thinking of the effect that might have. Maybe what we haven't done is anything, and maybe that's the problem.

We all have a duty to speak out about bullying, whoever it is happening to.

SLIDE 5: BANDING TOGETHER

This is where you begin to bring in the positive developments that everyone involved in the school community can make. It is an exciting movement, so it's important to put that across.

We don't want anyone in this school to feel alone. We know that sometimes growing up isn't the easiest experience. While you're changing from children into the amazing adults you are destined to be, you may be very confused. Your emotions, thoughts, opinions and feelings are constantly changing. Physically and emotionally it is a time of change. So what is to gain from making that even harder for yourselves by bullying? We are going to band together and unite against this behaviour.

By banding together we will make sure that everyone in this school, teachers and students alike, are happy and safe. By looking out for one another we will ensure that no one ever feels alone. By challenging bullying behaviour when we see it, we will guarantee that this is a school where we all want to be: a school which creates and protects happy, successful and unique young adults.

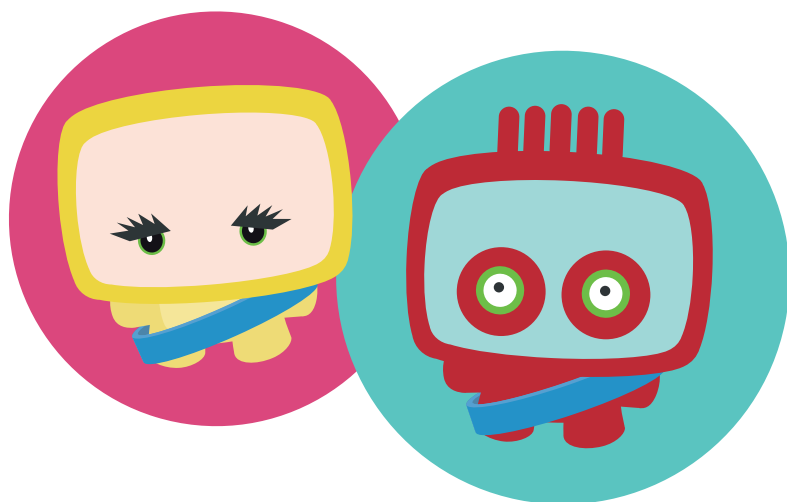
SLIDE 6: MORE THAN JUST WORDS

The first of these steps is to get all students to think about the language they are using. The video has been chosen to help the young people think about how we are very quick to label others and make assumptions. It is also to get across the impact that words can have. Encourage the young people to remember how powerful their words are.

The first thing I want us to change is our use of words. In order for us to make bullying unacceptable in this school, we need to think about the words we use and the words which we hear around us.

Play video

I know how often these words, or similar words, are used by some people in this school and in our local and online communities. Whether it is in the corridor, at a football match or on Facebook, I want us all, staff and students alike, to unite. I want us to band together and not just accept, but to celebrate our differences. Before you judge someone for their race, religion, sexuality, hair colour, shape or size, please stop and think! You're words are ever so powerful. Please use them wisely.

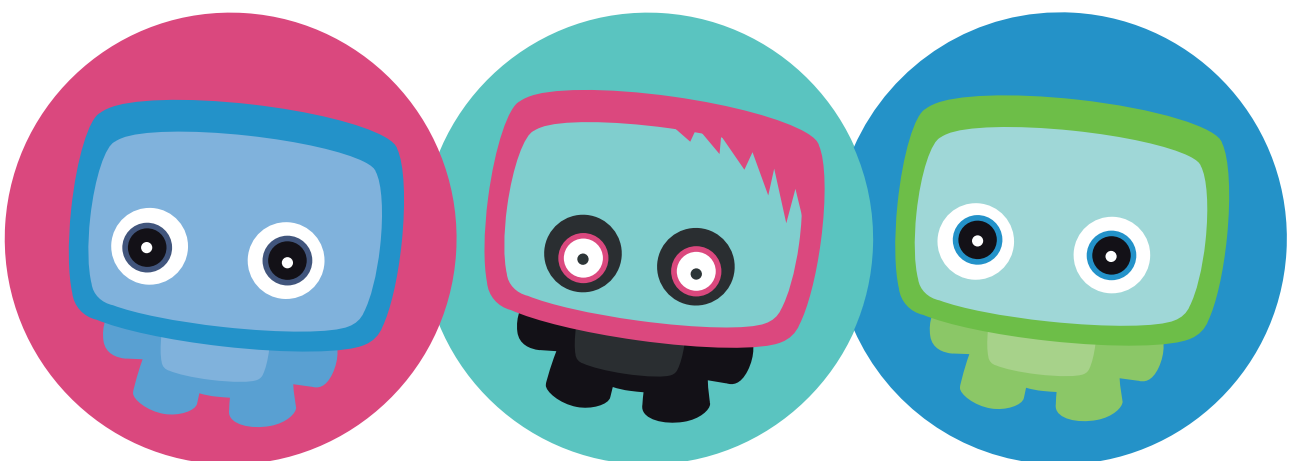


SLIDE 7: WHAT WE CAN DO

This slide is to help you encourage the young people to actively get involved with Anti-Bullying Week. We want them to be proactive and band together against bullying. On the Friday of Anti-Bullying Week we are encouraging schools to take part in 'Blue Friday' which is an opportunity for you all to show your support!

For Anti-Bullying Week this year we can all get involved. To show your support for Anti-Bullying Week you can wear your BeatBullying band with pride. We also want you to share your fundraising ideas so that we, as a school, can do further work with BeatBullying to help us make sure we are all banding together!

This is a great opportunity to talk about all of the ways in which the school is combatting bullying - whether you have BeatBullying mentors in your school, a dedicated teacher or are running a local campaign, make sure you talk about it and encourage your students to be proud of their own involvement.



SLIDE 8: GET SUPPORT

If you are being bullied or know you need to change your behaviour towards others, staff at this school are here to listen.

If you don't feel ready to talk face-to-face to a teacher, friend or trusted adult about what you're experiencing, you can log onto **www.beatbullying.org**. Here, you can speak to trained mentors and counsellors who can provide you with support seven days a week, between 8am and 2am.

SLIDE 9: FLY

This is a final slide to reaffirm the message of the assembly. Make it clear that the young people are your, and our, number-one priority.

We want you to flourish. We are here to support you and so are BeatBullying. Don't be afraid to ask for help. Do not be ashamed to be yourself. It might be hard to believe at times, but you are truly wonderful and you are full of potential. Utilise it. Enjoy it. Celebrate it.

Play the video, (or another of your choice) to end the assembly.

