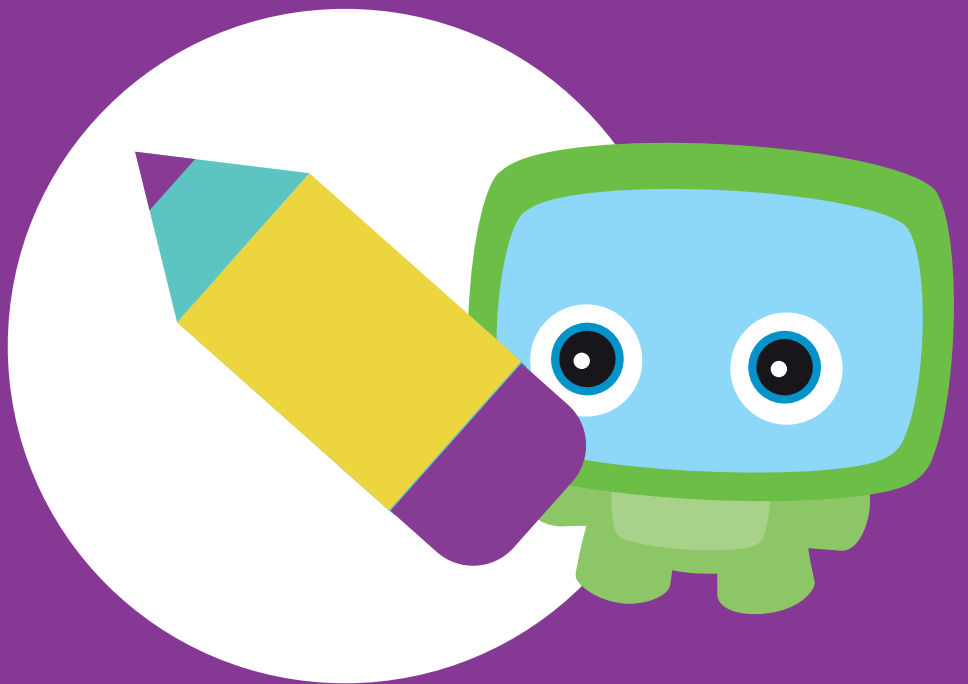


BULLY-PROOF SHIELD

Lesson Plan

KS2



BULLY-PROOF SHIELD

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 lesson plan is designed for Key Stage 2 students, and has been created to help you encourage your pupils to think about the values that they can all champion - and encourage others to champion - to make bullying unacceptable in your school.

The lesson gives the students an opportunity to think about how bullying could be stopped in your school, and asks them to come up with their own ideas and a set of values that the whole class can agree to. It also encourages the young people to consider why it's important that they are kind to, and supportive of, each other.

National Curriculum links:

- PSHEE
- Citizenship

Lesson objectives:

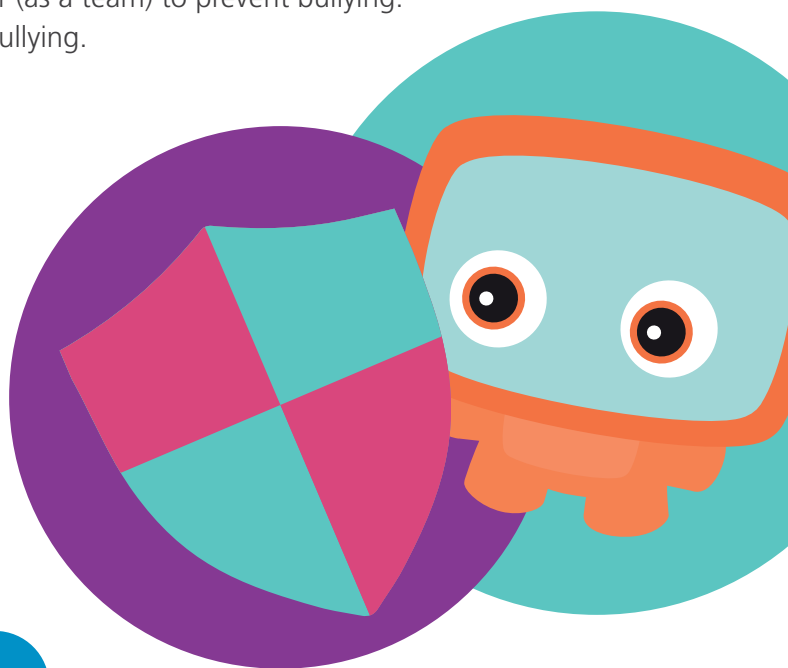
- To help young people understand the importance of making bullying unacceptable.
- To reinforce the anti-bullying policy in your school.
- To encourage the young people to band together (as a team) to prevent bullying.
- To help pupils to consider the consequences of bullying.

Key words:

- Banding/working together
- Values
- Protect
- Stop bullying

Resources:

- Large pieces of paper
- Coloured pens and pencils
- Glue
- A display board for your Bully-Proof Shields





DO NOW (3 MINS)

Write 'BULLYING' on the board as the students arrive. Ask them to think about what this means to them, and to summarise how it makes them feel in one word. When you take the register, ask them to shout their word out. To avoid repetition, ask them to think of the next thing that springs to mind if their word has already been said.

Explain that the purpose of this activity will become clear in a moment, but that it is linked to the core objectives of the lesson: to think about the consequences of bullying, and the importance of working together to make it unacceptable.

STARTER (7 MINS)

Now encourage your students to shout out what they think 'BULLYING' means, why it happens, and why it is wrong. Write key points on the board and use these to start a discussion.

Key points may include:

- That bullying is regular and continuous. However, a single unkind act, if deliberate, could be the start of bullying, if not checked, so needs to be reported and dealt with.
- Because some people are different to others.
- Because it is unkind and makes others unhappy.

It is important that your students demonstrate and share what they understand about bullying. Use these points to guide the conversation, making sure that the class have a good understanding of the issue. You should use this opportunity to reinforce the fact that we all have differences and, while this is sometimes used by people to be unkind to, or bully, others, we should all be able to enjoy our time at school and not feel upset or lonely.

MAIN ACTIVITY (40 MINS)

Explain that BeatBullying has asked you to band together and create a Bully-Proof Shield. You can introduce the Bully-Proof Shield to the young people with the text below (but feel free to change this to suit your needs):

"As a class, we have been given a very important mission. BeatBullying NEED us to band together to stop bullying in our school! To protect us all, we must work together to create a Bully-Proof Shield. This shield will protect our class and make sure we can stop bullying happening. This is a very important mission and we are going to display our shields in the classroom as a reminder to us all why we need to band together to make bullying unacceptable."

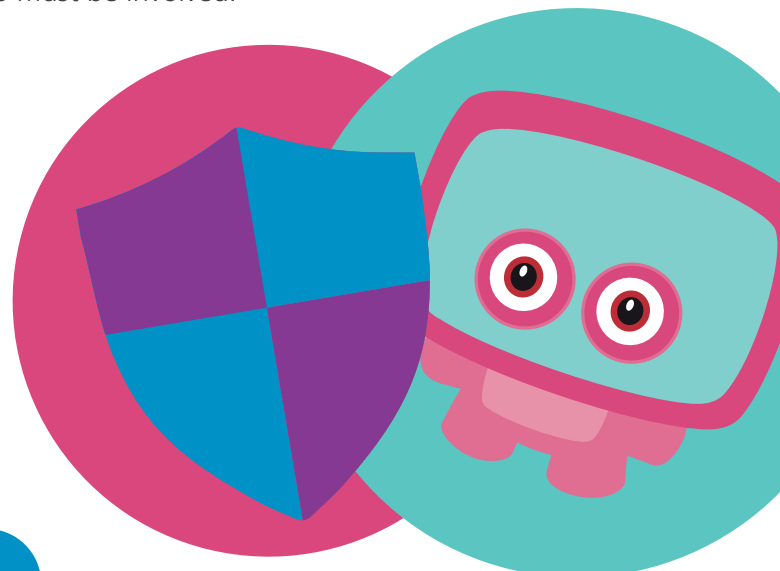
INTRODUCTION (10 MINS)

Split the class into five groups. This is a good opportunity to mix up groups - putting students with those they wouldn't normally work with. Explain that, as a group, they are now an Anti-Bullying Team.

By working together they need to:

- Decide five values they are going to put onto their Bully-Proof Shield.
- Decide the best way they can make the shield stand out creatively.
- Design the shield and make sure the five values are clearly written on it.
- Make sure the shield looks impressive so that they can put them on display.

Remind the young people that everyone in the group must be involved.





GROUP WORK (10 MINS)

Now ask each group to decide on the five values they would like to include.

Here are some suggested values (if they need help):

- Patience
- Courage
- Strength (both physical and mental)
- Empathy
- Acceptance
- Sticking together

Now ask each group to choose their favourite **one** value, and a second 'back up' value. Ask a volunteer from each group to write their value on the board, and to explain briefly why they think it's important.

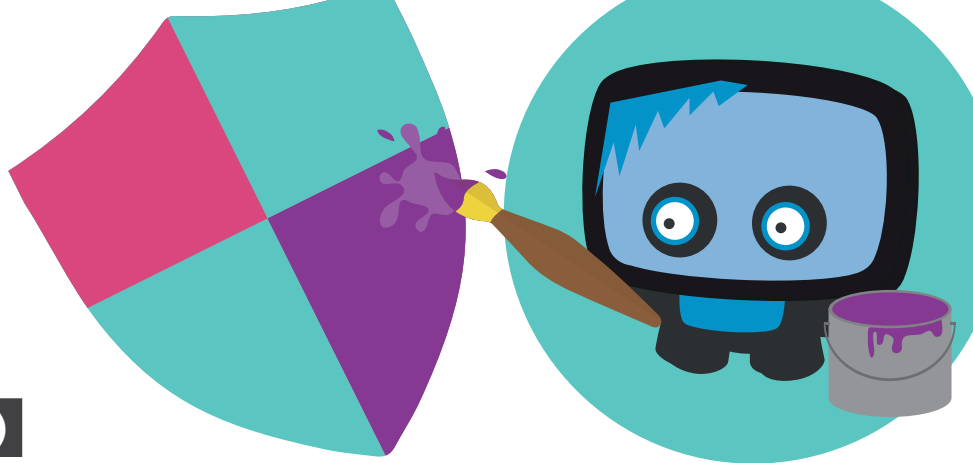
Suggested reasons could include:

- Because everyone is important (empathy).
- Because it is OK to be different (acceptance).
- Because everyone should be safe at school (courage).
- Because we can stay safe and achieve more (sticking together).

This list will form the five values of their class shield. **Ask the groups to call on their second (or even third) favourite if there is some repetition.**

MINI PLENARY (5 MINS)

Ask the class to talk about the five values they have chosen. If they are not happy with any of the values, encourage them to work together to make any changes that they think would make them better. It is important that they work together to agree a set of values that they are all happy with.



GROUP WORK (15 MINS)

Hand out your creative materials and explain that each group should now use the five values to create their shield. They should make it look as creative as possible, to ensure that it is eye-catching and powerful.

CLOSING THE LESSON (10 MINS)

Ask each group to present their Bully-Proof Shield to the class.

Ask them how they are going to make sure they all stick to these values.

Suggestions might include:

- Have an anonymous reporting system, such as a box, where pupils can report incidents.
- Give an assembly to the whole school.
- Encourage children to remind each other in the playground.

Ask them what they are going to do to carry (and promote) these values outside of the classroom and school.

Suggestions might include:

- Tell family and friends about them.
- Encourage their local youth group to also create a Bully-Proof Shield.

Encourage the class to form a circle holding up their Bully-Proof Shields and to shout with pride (and as loud as they can!): **'We band together against Bullying!'**

Display the shields on a display board in or outside the classroom. Explain to the students that by working together and uniting their Bully-Proof Shields, they have helped - and will continue to help - make your school a safer place! The shields will remind them of the positive values that are needed to prevent bullying from happening, and will help them to spread the message that bullying is unacceptable.

Optional Addition

It would be fantastic if the whole school embraced the activity. A whole-school agreement is a great opportunity to say no to bullying across your school, and is a fun and creative way to reinforce your existing anti-bullying policy.

You can do this by completing the same lesson plan with all year groups, then selecting one shield from each that will be displayed prominently in your school. This is a way for your whole school to band together to make bullying unacceptable.

