

<https://www.youtube.com/watch?v=WjoDEQqyTig>

What is the message? What is the moral?

Who are the mean ones?

Are the smaller birds any better?

- **No two of us are exactly the same.**
- **It's these differences that make us interesting and diverse.**
- **Wherever we go, we can always find diversity all around us.**



- **Look at the person next to you and think of one thing that makes them special**



**2016 National  
Anti-Bullying Week**

with **STAY SAFE!**  
WORKSHOPS

[www.staysafeworkshops.org.uk](http://www.staysafeworkshops.org.uk)

What does the word 'bullying' mean to you?

# What **is** bullying?

**repetitive**

## **Bullying is:**

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

**intentional**

**Imbalance  
of power**

# What are the different types of bullying?

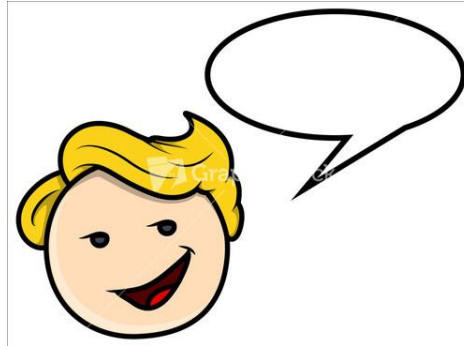
Can you think of any examples?

## emotional



- Spreading rumours
- Being left out constantly
- Embarrassing someone
- Ignoring someone all the time
- Talking behind someone's back
- Including online

## verbal



- Teasing all the time
- Constant name calling
- Making fun of the way someone looks or is
- Taunting or threatening them
- Including online

## physical



- Fighting
- Pushing
- Stealing from someone
- Tripping them over
- Destroying property

# How might the victim...



**Feel**



**Act**



**Think**

What might happen if you choose to retaliate?

Will it resolve the problem?

Will it be clear who is in the wrong?



## 2 scenarios...

All the children in year 4 hang their PE kits on their pegs in a corridor. Every time Malik goes to get his kit, it's not on his peg. Some of the children keep hiding it. They think it's funny and that he'll get into trouble.

Lorna fell over in the playground whilst playing champ and didn't hurt herself. Two of her friends laughed and called her 'silly'. Lorna felt a bit embarrassed. The 2 friends helped her up and they continued playing the game.

At what **point** does it become bullying?

# Is it ok to stand nearby and do nothing?



What can you do and say instead?

# Homework

You need to design a super hero, and think about how it will make the world a better place. What positive messages are they spreading?

Design your superhero



Name of superhero .....

Special powers .....

Makes the world a better place by .....

.....

Also, on Friday 18<sup>th</sup> November, you can come into school dressed as a superhero or in spots for Children in Need!



A handwritten quote in black ink on a yellow background. The text is arranged in four lines: "ONE", "kind word", "can", and "CHANGE". Below "CHANGE" is "someone's" and "ENTIRE DAY". The word "CHANGE" is significantly larger and bolder than the other words. The background features a yellow triangle on the left with white diagonal lines, and a white area on the right with a grid pattern and scattered confetti (dots and zig-zags) in teal, orange, and yellow.

**ONE**  
kind word  
can  
**CHANGE**  
someone's  
**ENTIRE DAY**