



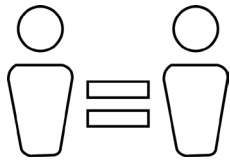
UNIQUE VOICE

ANTI-BULLYING RESOURCE PACK

**HELPING YOU CREATE A ROBUST ANTI-BULLYING CULTURE
WITHIN YOUR SCHOOL, ALL YEAR ROUND.**

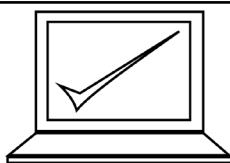


YOUR PSHE CALANDER



**NOVEMBER
ANTI-BULLYING**

National Anti-Bullying Week is happening from Monday 11th November until Friday 15th November 2019. Throughout this period we will be touring schools delivering our 'Triple R' Anti-Bullying Programme. 'Triple R' is a highly engaging, creative, and fun anti-bullying intervention programme designed to support schools and their pupils to recognise, report, and resolve all forms of bullying. The aim of the programme is to ensure your school environment has a strong anti-bullying culture and ethos, thus making pupils feel safe whilst meeting OFSTED framework.



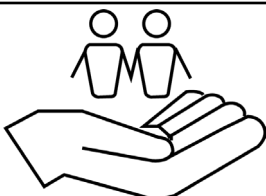
**FEBRUARY
ONLINE SAFETY**

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation. Our online safety programmes help your school community to feel empowered to make positive decisions online. Online safety training for teachers, parents and young people available.



**MARCH
MENTAL HEALTH**

Empower young people to identify coping strategies to aid the management of their mental health with our assembly and workshop day available throughout March.



**MAY
HEALTHY
RELATIONSHIPS**

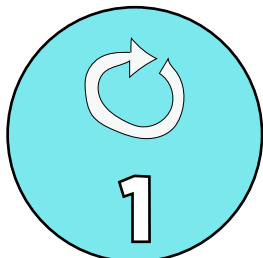
Helping young people to identify what a healthy and happy relationship looks like with our assembly and workshop day available during May.

We understand that every school is different and tailor make programmes to meet specific needs and budgets for schools. We provide annual PSHE programmes and creative PSHE based PPA cover. Click [here](#) to request a quotation for your school.



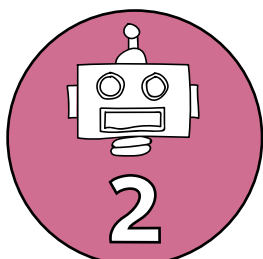
TOP TIPS FOR CREATING A ROBUST ANTI-BULLYING CULTURE

Here at UV, we help schools to create a policy that works for the protection and education of staff, pupils and families. We've included a few top tips to get you started;



REFRESH

With an ever changing culture, it's important that terminology and references are current. Ensure you include all defined forms of bullying.



DON'T BE GENERIC

Ensure the policy speaks to your school. If you have had specific challenges this year, the policy should capture your experience and aspirations going forward. Test out your policy with example scenarios; Does it work when put into action?



INVOLVE YOUR STUDENTS

Nothing is more powerful than allowing young people to take the reigns. Involve your student council or targeted young people to have their say on the policy you expect them to adhere to.



GET CREATIVE!

A policy is great in theory but it's all in the sharing. Why not transform the messages in your policy to colourful art displays, student led assemblies or school campaigns?



ENGAGE PARENTS

Share the work and key messages of the policy with parents either with letters or parent assemblies to help the messages go home.

NEED OUR HELP?

Book a consultation visit with a UV team member and we'll host a 2 hour workshop with your staff, governors and pupils on rewriting your policy.

[Click here](#) to book an anti-bullying assembly to help launch the themes this National Anti-Bullying Week,

TOP TIPS - WHAT TO DO IF YOU ARE BEING BULLIED



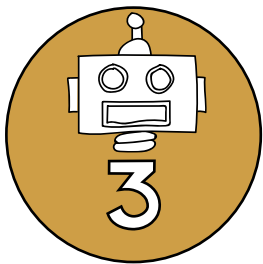
TELL A TRUSTED ADULT

No matter who you are, bullying is a horrible thing and makes you feel rubbish! Never keep your feelings bottled up inside. Tell someone. Your parents/carers, an older sibling, your teacher - just pick someone you trust and let them know so they can help to make the bullying stop.



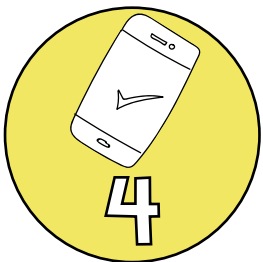
NEVER RETALIATE WITH AGGRESSION

You should never hit someone back, call names or shout. This can make the situation much worse and make it spiral out of control and you might get in trouble yourself. Instead, respond in a mature way, say "I do not like it when you say that" or "Please can you stop doing that". Then tell a trusted adult what they have said or done.



ALWAYS REMEMBER IT IS NOT YOUR FAULT

Every single person in the world is unique. This is what makes us all amazing. It doesn't matter what colour your hair, skin or eyes are. It doesn't matter how you walk, talk or speak. Bullying is caused by a choice someone else is making, not because you are different.



COLLECT EVIDENCE

If you are being bullied online always take a screenshot, whether it is a nasty post, text, message or picture. If it is face to face write down when and what happened. This can all be used as evidence to help your school to stop the bullying behaviour.



CHOOSE WHO YOU HANG OUT WITH

Sometimes it can be those who we think are our 'friends' that are saying or doing things that upset us. Always remember it is up to you who you hang around with. Hang out with people who make you feel good, never bad or upset.



UNIQUE VOICE ARE THE PRODUCERS OF THE OFFICIAL ANTI-BULLYING VIDEOS OF 2018/19.



The National Anti-bullying Alliance have approached us in 2017, 2018 and 2019 asking us to put our teams creative talents to good use and produce the Official National Anti-bullying films for both primary and secondary education following the National AntiBullying Week theme, last years theme - **#ChooseRespect**. (This year's theme is yet to be announced).

As a small, Bristol based, not-for-profit organisation we felt there was no better way to empower children to choose respect than to spread the thoughts, ideas and talent of local children. Last summer we worked with pupils from Filton Avenue Primary School and Fairfield High School to represent the voice of our city's young people. The collaboration of creativity between the students and the Unique Voice team resulted in some impactful films being created.

We'd like to encourage you to spread these far and wide and use them within your setting, organisation or simply show the young people in your family.

Watch this space for the official 2019 Anti-Bullying Films!

[Click here](#) to see the official primary school anti-bullying film where we talk to young people about what respect means to them. Their answers and ideas continue to inspire how we support young people's emotional education.

[Click here](#) to see the official secondary school video. We collaborated with pupils from Fairfield High School to create beat poetry about what respect means to them.

WE CREATE FILMS FOR CHARITIES, SCHOOLS AND ORGANISATIONS THAT WISH TO MAKE A POSITIVE SOCIAL IMPACT. CLICK HERE TO SEE MORE EXAMPLES OF OUR WORK.



YOU ARE GREAT BECAUSE...

This activity gives the children an opportunity to speak positively about their peers.
collective class. promise

LEARNING OUTCOMES:

Peer to peer communication
Turn taking
Developing listening skills
Demonstrating the positive impact of compliments
Identifying the positive attributes within their peers
Exploring the emotions felt when people are kind

LENGTH OF ACTIVITY: 10 minutes

MIN./MAX. NUMBER OF STUDENTS:

2/ No maximum

SET UP: Sat opposite a partner

MATERIALS: None

INTERACTION POINT: Peer to peer/Group

CURRICULUM SUBJECT(S): PSHE, Drama

STEP BY STEP:

1. Ask everyone to find a partner and sit facing one another.
2. Ask the children to identify the third rule of the garden (be helpful, kind and polite) explaining this is one way we can show respect to each other.
3. Taking turns, invite the children to complete the sentence, "You are great because" thinking about positive attributes their partner holds e.g. "You are great because you are kind/funny/you're good at football"

REFLECTION/CLOSING DISCUSSION:

Discuss with the children how it felt when their partner said all the different reasons they are great. Highlight key emotions e.g. happy, proud.



CLASS PROMISE OF RESPECT

This activity allows the children to develop their awareness of respect, making it personal to the class by applying their own understanding in a collective class promise.

LEARNING OUTCOMES:

- Develop understanding of the meaning of respect
- Communicating and sharing ideas
- Understanding how to demonstrate respect to others

LENGTH OF ACTIVITY: 15 minutes

MIN./MAX. NUMBER OF STUDENTS:

Whole class / No maximum

SET UP: Sat at tables

MATERIALS: White board

INTERACTION POINT: Group

CURRICULUM SUBJECT(S):

PSHE, English

STEP BY STEP:

1. Discuss with the class the meaning of respect.
2. Explain to the children that together we are going to make a class promise of respect, to make sure respect is something we are always showing. Ensure the children understand a promise is something we stick to and always keep, it is not to be broken.
3. Write the title 'Class promise of respect' on the board.
4. Through a class discussion and sharing of ideas, complete the sentence "We promise to..." with multiple ideas of how the children can show respect e.g. "we promise to always listen to each other", "we promise to always be kind".
5. When the promise is written and finalised, have the children say it out loud all together.

Why not write out the 'Class promise of respect' on a large piece of paper for the children to decorate with art materials and display in the classroom or use instruments to turn the promise into a song.

REFLECTION/CLOSING DISCUSSION:

Reinforce that the promise is to be kept at all times within school and discuss with the children some of the challenges they may face in keeping it e.g. if they fall out with a friend they still need to be kind.



CONTACT US

We are always thrilled to hear updates about how schools have used our resources and activities to help their school maintain a strong anti-bullying culture. Don't forget to catch us on our social media platforms and share photos of your work!



**USING CREATIVITY TO
EXPLORE, EDUCATE & EMPOWER**

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