

1) Understanding what behaviour is classified as bullying

Assembly- Hold an interactive assembly which asks students to identify the different types of bullying and give some examples of these different types.

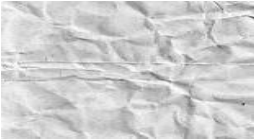
Bullying Plays- Create different bullying scenarios and ask the students to do a play, song, poem or rap etc which explores their scenario.

Blue Day- Ask all of the children bullying makes people feel. wear half blue and half a bright the impact the ABA can have on right way etc. Use this day to people feel blue.



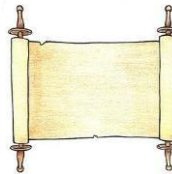
to wear blue to school to represent how Alternatively you could ask children to colour. The bright colour could represent the people being bullied if they act in the explore how certain actions may make

Paper Creases- Ask your students to draw a picture of themselves on a piece of paper and then swap their pieces of paper with each other. Ask each student to screw up the piece of paper then ask them to unfold it. The piece of paper will still have creases in it. This represents what bullying does to someone. You can't undo bullying and although you may say sorry some damage has already been done.



2) Understanding the type of behaviour that is and is not acceptable in school

Re-write Your Anti-Bullying Policy- Re-write it child friendly, concise and easy to understand. picture or video. Get all students to sign up to of what they signed up to.

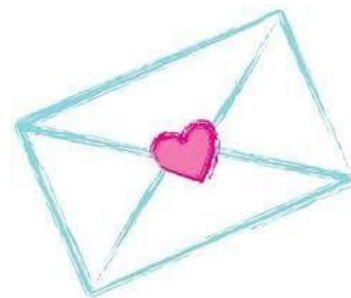


your Anti-Bullying Policy to make You may want to show it in a it, if any misbehave remind them

Good and Bad Behaviour Wall Display- Clearly display what constitutes good and bad behaviour in your school so the students understand what actions will be defined as 'bullying' and what types of bullying exist. Ask them to draw pictures of good and bad behaviour.

3) Students need to be encouraged to practice positive behaviour

Envelope Compliments Day- All of the class write a compliment about each pupil and puts it in each pupil's envelope. The idea is to give pupils a confidence boost. If they feel sad they can look at all of the lovely compliments their classmates have written about them.



Unique/Celebrate Difference Day-Ask all students to come in in fancy dress or mufty. You could spend the day exploring difference by looking at different countries, cultures, talents etc. You could also try eating foods from different countries. This day is all about celebrating difference.



fancy dress or
different
different

Monitoring Behaviour in the Playground-ABA go around the playground/school with clipboards marking the names of people who are playing well and being inclusive. These people could receive a certificate/award at the end of the week.

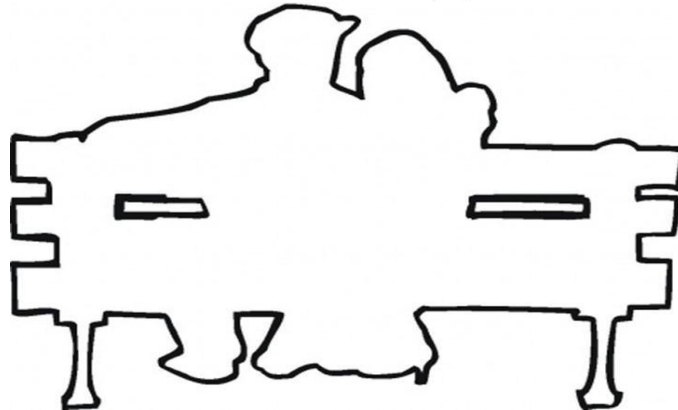
Smiles and Compliments Day-ABA give prizes to those who they feel have been smiling the most and giving the most compliments to other students. You could also ask each student to bring in a white t-shirt and write compliments on the t-shirt.

Wish Tree-Have a tree/board up in the school where children can write what they wish to see the ABA doing or what they would like their school to include in their ABA programme.

Kind Hearts- Put up a large heart in the school. Each week ask pupils to put a post-it note on it stating what they have done that week to be kind to someone. Teachers can pick their favourites each week.

Buddy Bench- Have an area in the playground where a few ABAs sit at break times so if someone is feeling lonely they can sit here and have someone to talk to.

Peer Anti-bullying particularly important Assign each Year 7 an ABA who regularly checks how they are, and helps resolve any issues they may be having.



mentors-This is for new Year 7s. ABA who they are, and issues they may

Reflective Room-An area where those who have bullied someone go to reflect on their actions and talk through with a teacher the situation.

Anti-bullying Oath- Create an anti-bullying oath or pledge and ask all students to sign it. Ensure it is clearly displayed in the school. Refer back to it when incidents of bullying arise.

Bad word box- Have a box with a slot in the school where people can post words that make them feel bad about themselves.

Bullying pairs- On a piece of paper write down bullying scenarios and what a person can do if they find themselves in that situation. Cut up each scenario and solution separately. Mix them up and spread them out a table. Ask the students to work in threes to match up the scenario and solution. This activity will really get them thinking and discussing what they should do in each scenario and how they can help others.

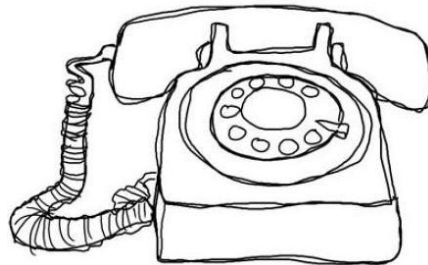
4) Students need to know who they can talk to if they are being bullied

Personal Bullying Support Network-Get every student to draw hand on a piece of paper and cut it out. On the them to write two people they could talk to hand on a piece of paper and cut it out. On the them to write two people they could talk to they were could go write the piece of paper and cut it out. On the write two people they could talk to to. Do a display of the students' ABA's names next to it.



around their hand ask in school if school they hands and

Anti-Bullying Contact Card-Create an Anti-Bullying Ambassador contact card. It should include a definition of how the student address. This is have.



bullying, who the school's ABAs are and can report bullying e.g. a school email particularly useful for new Year 7s to

The Cube-Have a located centrally in has a recommendation for the ABA they can post it here. The teacher empties the cube each day and resolves any issues of bullying that day.

locked box with a post slot which is the school. If anyone is being bullied or

Email-Set up an email address/phone number where students can report incidents of bullying.

Display-In a clear area of the school display who the ABAs in each year are and what their role is.

5) Making anti-bullying initiatives and the concept of Anti-Bullying Ambassadors 'cool' and fun

Facebook Page-Create a Facebook page for the ABA. They could use it to share useful resources, articles or raise awareness of anti-bullying events or initiatives.

Create an Anti-Bullying Emblem-Hold a competition anti-bullying emblem which represents your school's tackle bullying. It may be as simple as a blue ribbon.



to design an efforts to

ABA T-Shirt-Hold a meeting with the ABA to discuss would like to be identified in school. This may be tshirt, a high-vis jacket, a colour sewn onto their badge etc.

how they through a uniform, a



Badge Competition. Hold a competition in the school to design the best badge for the ABA to wear and make the winning design.

Anti-bullying Team Name-Ask members to come up with their own name e.g., The A Team. It might be a good idea to write words they say on strips of paper and then move them around on a table to create new ideas/names.