



Anti-bullying Lesson Plan



(Running time 1hr+)

*all times are approximate. It may be appropriate for your group to spread this plan over a couple of lessons/ spend longer on items/ set a task as homework etc *

Appropriate for Lower Primary/ Year 3&4/ Lower KS2

THEME: All different, all equal.

Starter:

- CLASS EXERCISE or SMALL GROUP EXERCISE: What does being different mean?
 - Create a class definition of what it means to be different
- CLASS EXERCISE: looking at our differences (personality and physicality)
 - Look around you. What are some of the differences between you and your classmates?
 - Create a mind map in your group of what differences there may be between people. (5-10 mins)
 - Discuss as a group the ideas people have come up with. (5mins)
 - Encourage debate/discussion of ideas people disagree on. (5-10 mins)

KEY POINT: Everyone is different. Although we may have more in common with some people than others we all have differences and this is to be celebrated.

KEY POINT: The differences people notice will be different from each other. What one person notices, another may not.

Key concepts: words and ideas associated with being different.

Key concepts: different is positive. Difference is not bad!

KEY POINT: Remember, whatever our differences, we are actually more similar than we are different!

Task 1:

- PAIRS EXERCISE: Talk about and write down a list of similarities and differences between you and your partner (5-10 mins)
 - get some of the pairings to share a few points from their list (3-5 mins)

KEY POINT: even friends will have differences. People may not have noticed differences between them until they really think about it. Not all differences are immediately apparent.

Task 2:

- CLASS EXERCISE: What does a bully look like? (5 mins)
 - What do they look like (draw a picture)
- Why do people get bullied? (5 mins)
- How might someone who is being bullied for being different feel?

Key concepts: Empathy

KEY POINT: Anyone can get bullied or be a bully, regardless of age, gender, height, weight, ethnicity, race, religion etc. Although bullies may pick on differences, this is not an excuse for treating someone badly. If we look closely everyone is different and no-one has the right to bully someone because they are different.

Task 3: Extension/ Homework

- SOLO EXERCISE: Write a letter to a made up/anonymous character who is being bullied for being different. Try to encourage them to feel good about themselves, provide support, advice or encouragement. (20 mins+)

Key concepts: Empathy, understanding, positive language, taking positive action, empowerment. Actionwork encourages positive outlook on self and others and the celebration of individuality.

Plenary:

- PARTNER EXERCISE: Take 1 minute to discuss what you have learnt in this session (1 min)
- CLASS SHARE: ask a few people to share what they have learnt with the class (2 mins)
- FINAL QUESTION: What would do if you were getting bullied? Is there anything that someone else could do to help?

Key concepts: Bystanders, responsibility.

