

ANTI-BULLYING TRAINING

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of Feeling Secure

Learning Outcomes

- To understand it is the behaviour that is being displayed that is bullying
- To know what different types of bullying behaviour are
- To know some strategies to support and guide young people who may be affected by bullying behaviour



Time	Activity	Method	Resources
15 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Welcome the group and ask them to introduce themselves. If it is a new group, play a couple of name games to get to know each other.</p> <p>Set some basic ground rules for everyone to agree to whilst in the group. Ask everyone to sign those that have been agreed. Add in any that might have been missed.</p> <p>Ensure safeguarding and confidentiality are covered. Highlight to the group how this topic can be emotive and reassure them this is a safe space to talk but if there is anything they shared where they or others are at risk you will need to pass it on. And housekeeping too., e.g. if virtual delivery expected etiquette.</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to, share why.</p> <p>Run through the expected outcomes of the training session.</p>	<p>Sign In Sheet</p> <p>Pen</p> <p>Name badges</p> <p>PowerPoint presentation</p>

5 mins	ICEBREAKER BULLYING QUIZ	Ask the participants to answer each of the 5 questions. If the group is confident, you could ask them why they have decided upon those answers and explore differences of opinion. Once everyone has completed the task, go through the answers. Ask the group if there are any surprises in there.	PowerPoint Quiz questions Pens and paper Prizes
5 mins	WHAT IS BULLYING?	Ask the group what they think bullying is. Capture what they say. Highlight how it is bullying behaviour. Behaviour is a choice which can be changed and addressed with education and awareness. Share the Anti-Bullying Alliance definition. Ask the group their thoughts on this definition.	PowerPoint Anti-Bullying Alliance Definition Pens and Paper
5 mins	WHAT ARE THE EFFECTS OF BULLYING?	Ask the group what they think the effects of bullying are and discussion. Capture what they say.	PowerPoint Flipchart Pens

15 mins	TYPES OF BULLYING AND STRATEGIES TO SUPPORT OTHERS	<p>Ask the group to list as many types of bullying as they can. Go through their responses.</p> <p>Highlight certain types of bullying and discuss:</p> <ul style="list-style-type: none"> • Verbal—what is it and how might you support someone that is experiencing this? • Physical—how does this affect someone and how might you support someone experiencing this? • Emotional - what is it and how might you challenge it? • Cyber—how does this differ, how would you be able to tell if someone is experiencing this and how could they deal with it? 	PowerPoint Pens and Paper
15 mins	SIGNS OF BULLYING	<p>You might have started to touch on this in the previous section, but ask the group to list and discuss what some of the signs someone might be experiencing bullying?</p> <p>Watch the video (embedded in PowerPoint) and ask the group to reflect.</p> <p>After feedback from the video, play an energiser activity with the group.</p>	Power point Video Internet enabled device

5 mins	AGREE OR DISAGREE	Ask the group to stand up. Point to one corner in the room and identify it as the AGREE corner and identify another corner as the DISAGREE corner. Read out each statement and ask the young people to move to the corner that represents whether they agree or disagree. Once everyone has moved to their spot, discuss with the group their decisions and why.	PowerPoint Pens and paper Statements
15 mins	SCENARIOS	Split the group in 3 and give them a scenario to discuss and come up with solutions to. Ask the group to nominate someone to feedback. Ask others in the group for their feedback and suggestions. Are there any suggestions the group can make to add to the list?	PowerPoint Pens and paper Scenarios
10 mins	DRAW YOUR IDEAL ANTI-BULLYING AMBASSADOR	Ask the group to think about their ideal antibullying ambassador and the qualities they would have. Ask the group to draw that person. Ask they are working away, remind them that they are ambassadors; they will look out for bullying, support someone who might be experiencing bullying, and be a listening ear. Ask the group to share their drawings and the qualities they have highlighted.	Power-point Body Outline Pens and Paper

10 mins	WHAT CAN YOU DO TO HELP?	<p>Ask the group to consider some of the practical things they can do to help in the quest to eradicate bullying behaviour. Share the THANK YOU slide to start., highlighting how important this is, followed by some of the other examples suggested by other young people. Make a list from the group's suggestions.</p> <p>Share what young people in Thanet thought. Ask the group their thoughts and to add anything they would do. Capture their input.</p>	Power point Pens and Paper
5 mins	PLEDGE	Share the pledge that has been drafted. Discuss with the group what a pledge is and if they think this is something they feel they can commit to. If they agree, ask them all to sign a version to keep.	PowerPoint Pens and Paper

15 mins	CLOSE	<p>Ask the group to highlight who they would go to for support. Share the links to the support agencies and explain what they do.</p> <p>Tell the group they are coming to the end of the training. Recap some of the things you have covered in a quick fire Q&A to the group.</p> <p>Ask the group if they have any questions and answer as best you can, agreeing to go away and get any answers you don't know at this point.</p> <p>It may be appropriate to include an energiser before closing the session.</p> <p>Ask the group to rate themselves between 1-10 as to how they are feeling now as they did at the start of the session.</p> <p>Ask for feedback from the group about how the session went:</p>	<p>PowerPoint Services Links Evaluation Forms Pens</p>
	Additional Resources	<p>Kent Youth Voice Young People have created an Anti-bullying Training booklet which can support this training session.</p> <p>Anti-Bullying Training Booklet</p>	

This is potentially an emotive subject so ensure you highlight confidentiality and safeguarding policies. In addition, the session might need to be broken up with some short but fun activities to lighten the mood. Lots of suggestions can be found at [Kent Resilience Hub](#) and [MoodSpark](#)

RESOURCES

Bullying Behaviour Quiz (answers are highlighted do not show this sheet to attendees):

1. What percentage of students report being bullied?
a) 20% b) 30% c) 40% d) 10%
2. What is the most common form of bullying behaviour?
a) Emotional b) Verbal c) Physical d) Cyber
3. What is the percentage of people who have been bullied at some point in their life?
a) 68% b) 37% c) 42% d) 54%
4. What is the most common cause of bullying behaviour?
a) Interests b) Clothing c) Appearance d) LGBTQ+
5. People who are part of the LGBTQ+ community are more likely to be bullied?
a) True
b) False

What is bullying; Anti-bullying Alliance definition:

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

Agree or Disagree Statements:

1. If someone is being bullied online, should they just shut down their account?
2. Banter is just banter. It isn't bullying.
3. Should all types of bullying be against the law?
4. Is there such a thing as an innocent bystander when seeing someone being bullied?
5. Have the effects of bullying behaviour been exaggerated in society?

Scenarios:

1. Your friend tells you they are being bullied. They say they have told an adult, but nothing has happened.
What do you do?
2. You are walking home from school with your friends to meet your sister. Some girls start to call you names. They get closer to you and approach. One of them punches you in the face and runs off.
What do you do?
3. You posted a photograph of you with your new puppy on social media. People start posting nasty comments. What do you do?

Your Ideal Anti-Bullying Ambassador:



What Can You Do to Help:

To Challenge Bullying	If you are Experiencing Bullying
<ul style="list-style-type: none">• Share your voice against bullying behaviour on social media• Fundraise for your favourite charity• Speak up for a young person you know is being bullied• Set a better example to young people	<ul style="list-style-type: none">• Tell a teacher, form tutor, Head of Year or another trusted adult in school or community setting• Talk to your friends for support• Speak to a Peer Mentor• Try and stay with your friends in groups• As best you can, stay out of their way• Take screenshots of any cyber bullying• Do something you like• Try not to react or retaliate and especially show fear• Don't just think it'll get better without telling someone. They can and they will help you• Use a Safe Space• Report it straight away• Use Kooth.com for support• Speak to someone at home

Anti-Bullying Pledge:

I agree to respect others and take a stand against bullying by supporting young people around me and reporting bullying behaviour whenever I see it.

This is including physical, verbal, cyber, racial, homophobic, religious, sexual, emotional and any other form of bullying.

I believe that everybody has the right to feel safe, included, valued, accepted and always respected and will try my best to achieve this as an Anti-Bullying Ambassador.

Signed.....

Date.....

Support Services:

- [ChatHealth](#) is a text service for 11-19 year-olds. Young people can text with a member of our team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am on 07520 618850.
- [Kent Youth Health](#) provides health information and advice directly to young people.
- [Kooth](#) is a fantastic free online mental health and wellbeing service for young people aged 10 to 25. It's a place to get advice, information and support 24/7. Watch their video to understand how Kooth can support your child with their mental health and wellbeing.
- Access [Moodspark.org.uk](https://moodspark.org.uk) to learn about mental health and find tips and resources to keep emotionally healthy.
- [Good Health Matters](#) is a great website which can help support a child or young person to make small changes to support their mental health
- [Anti-bullying Alliance](#)
- Childline 0800 111

Feedback form

Please answer the following questions to help us make sure you have got everything you need from the session and to make it even better.

How good do you think this session was?

0	1	2	3	4	5	6	7	8	9	10
DREADFUL										EXCELLENT

Do you think you learnt anything today?

0	1	2	3	4	5	6	7	8	9	10
DREADFUL										EXCELLENT

Do you think you will do anything differently following this session?

0	1	2	3	4	5	6	7	8	9	10
NOT AT ALL LIKELY										EXTREMELY LIKELY

What went well?

What did you learn?

What could have been better?

Do we need to change anything for the next time we deliver this session?

Is there anything you will do moving forward following this session?

This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

