



To understand how rumour-spreading and name-calling can be bullying behaviour

- To develop a range of strategies to manage my feelings in bullying situations and for problem-solving when I'm part of one.



# Chinese Whispers

- What happens in the game?
- What sometimes happens to things that are said?
- How might someone feel if people were whispering about them?

Spreading rumours and name-calling are **UNACCEPTABLE** and are examples of **BULLYING** behaviour.



# Calm Me

Year 5 special people...I invite you to sit comfortably in your chairs with your backs straight and proud but not too rigid. Let your shoulders relax and drop and have your feet flat on the floor and hands in your lap. Imagine the golden thread is pulling your spine gently straight as it reaches up through the crown of your head.

Close your eyes to block out distractions and take your attention to your breathing.

So keep focussing on your breathing and I will strike the chime to mark the start of our Calm Me time. Listen until you can no longer hear any sound from the chime.

Breathe in slowly 1,2,3,4,5 and out again slowly 1,2,3,4,5,6,7.

See if you can regulate your breathing in your own time so, without getting breathless or holding your breath, you can breathe in to your own count of 5 and out to your own count of 7.

It may help you to count slowly and silently as you take a breath in, .....and as you let that same breath out again.

Breathing in "I feel calm", breathing out "I feel happy"....follow this pattern, breathing in and out slowly and hearing these words in your mind with each in or out breath. Smile as you breathe out.

Repeat the exercise for a few minutes and when ready, strike the chime once more inviting the children to gently bring their attention back to the present moment in the classroom when they can no longer hear any sound from the chime.



# What are different types of bullying?





# Carol's Story

"Carol has recently moved to the school. She has few friends and recently a group of girls has made it obvious they will not accept her into their group, by isolating her and giving her nasty looks. They make her feel like they are talking about her and she has recently begun to receive anonymous text messages calling her names. Carol feels very lonely, sad and isolated and is feeling scared about coming to school."



Is Carol being bullied?



# Bullying

1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is older, stronger and more powerful (or there are more of them) and even if the bully is enjoying it, the person being bullied is not.



# Bullying

- Name-calling and rumour-spreading can be just as hurtful as physical bullying.



# Cyber Bullying

1. Don't reply to the text messages
2. Show an adult you trust







# Help

- Kidscape: [www.kidscape.org.uk](http://www.kidscape.org.uk)
- CBBC website: [www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)
- ChildLine: [www.childline.org.uk](http://www.childline.org.uk)
- Beat Bullying: [www.beatbullying.org](http://www.beatbullying.org)



# Advice

- On your orange post-its, write a way carol or someone in her class could solve this situation or make it better.
- On your yellow post-its, write something that make the situation worse.



# Responsibility

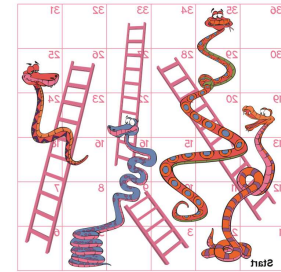
Carol and her classmates have a responsibility to make sure that she feels safe and happy to come to school.

One right of a child is

- to learn in a happy and safe environment

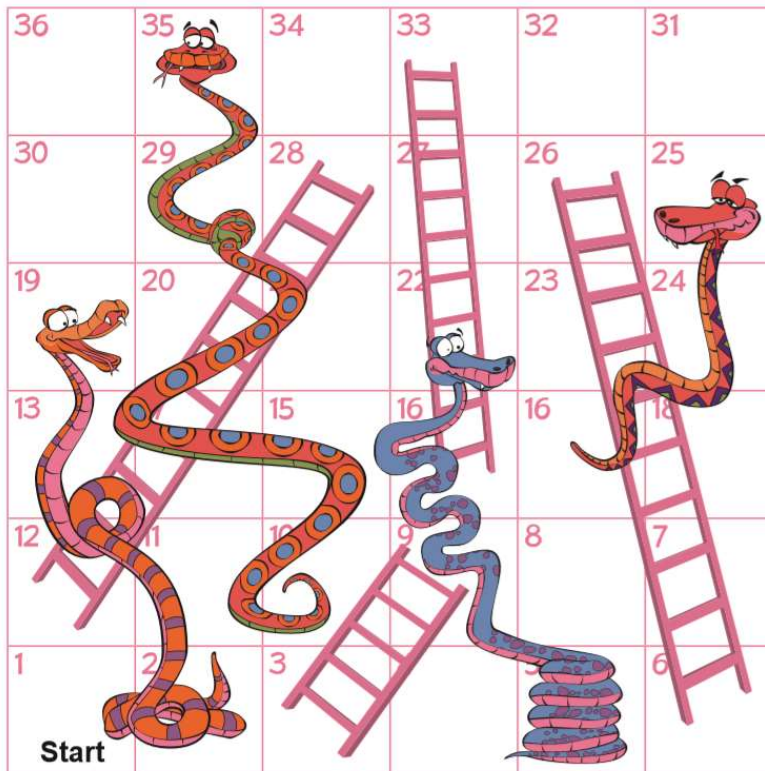


# Snakes and Ladders



In groups of four, each group has an A3 board game grid, cut out snakes and ladders, orange and yellow post-its and a scenario strip. Starting with the scenario strip, children create a scenario using the prompt questions and write their answers on the strip; this is later stuck onto their board game. Encourage each group to take a different bullying focus, e.g. sexism, racism, homophobia, appearance, disability, etc. Then on the orange post-its, they write at least six ways to help solve the situation or make it better. On the yellow post-its, they write six ways that the situation could be made worse or might continue the situation.

Children then decide where to place the post-its on their board game grid so that the snakes and ladders can be attached to them accordingly. An orange post-it would be placed at the base of a ladder taking the player forward and up the ladder in the game. The yellow post-its would be at the head of the snakes, taking the player backwards and down the snake in the game.



Victim of bullying

Bully/ies

What is happening?

The effect on the victim



# Reflect

Complete the sentence

The two most important things I learnt about bullying through spreading rumours are .....