



Birmingham PlayCare Network

'Anti-Bullying'

Resource Pack



BPCN gratefully acknowledges the support of The Early Years and Childcare Team (Birmingham City Council)
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Caring About Play

Dear Member

Welcome to Birmingham PlayCare Network's resource pack on '**Anti-Bullying**'.

National Anti-Bullying Week is run annually by the Anti-Bullying Alliance (ABA). With the slogan '**Stop and think – words can hurt**' this year's campaign is focused on tackling verbal bullying.

Young people at the ABA Youth Summit 2010 raised concerns about the negative use of language in schools and the wider community – expressions like 'you're so gay' and words like 'slag'. They saw this as a key indicator of bullying or a hostile environment. We know that derogatory language words and expressions that are homophobic, racist, sexist or disabilist, that seek to demean particular groups and individuals are far too common in some of our settings, schools and communities.

This year, **Anti-Bullying Week** fell between **Monday 14th and Friday 18th November 2011**. However, it is important to remember that this awareness week is just the start of a year long campaign of work. Within this resource pack you will find helpful hints and tips on how you can get involved and follow this year's theme of '**Stop and think – words can hurt**'.

The ABA and other organisations listed in this pack, have various printable resources for practitioners to access on their websites. So please, take a look and give children and young people the tools to challenge others when they use derogatory language, to find new ways of expressing how they feel if they are angry or upset, and to make a real effort to speak positively and to compliment others. Please also encourage adults to look at the resources and consider how they model their use of language with children and young people in their settings.

Hope these resources prove useful.

Regards,

Birmingham PlayCare Network

Please note our upcoming workshops:

'**Enjoy and Achieve**' Monday 12th December (Sheldon Community Centre);
Tuesday 13th December (Childsplay); Wednesday 14th December (The
Y@Fosseway); Thursday 14th December (Northfield YMCA).

Bullying Facts & Figures

- Ahead of Anti-Bullying Week, Schools Minister Nick Gibb spoke about the importance of tackling bullying in schools.

“Around half of all children say they’ve been bullied at school and had their lives blighted by fear. And it’s not just at school where young people encounter bullying. It’s simply unacceptable for a child to be victimised – whether it’s in or out of school, or on their mobile phones, or on social networking sites like Facebook”.

- It is estimated that there are around 170,000 children absent from home today, staying at home because they fear being bullied.
- A key feature of bullying is that it is repetitive, and often relies on the imbalance of power between the bully and the victim. Bullying can be either physical or emotional, both of which may cause lasting harm to the recipient.
- BeatBullying, a leading UK charity published a report in April 2011 which revealed that around 42% of children truant from school because they fear being victimized, and a third of the number do so as frequently as once a week.
- Anecdotal evidence from the children surveyed in the above report described their feelings of unhappiness, disempowerment, isolation and helplessness which had caused them to truant from school in an attempt to feel safe.
- Statistics do vary from study to study, but evidence suggests that approximately two thirds of children will experience some form of bullying during their school career.

Ideas for Anti-Bullying Week

‘Going for a Song’

A good way to get children to write a song for anti-bullying week would be to cut out caption headlines from newspapers, magazines etc and get them to re-arrange them into a song about this theme

Anti-bullying week competition

Choose a song for anti-bullying week



Finger Puppets

Finger puppets offer a child-friendly way to process different bullying situations. Create a list of several situations that involve bullying relevant to your setting. Examples include two children teasing another child, a child getting pushed on the playground, one child being left out of a game, etc. Act out the situation using the puppets. Ask for suggestions from the children on how to handle that situation. Get the children involved in performing a puppet show for a more active role. As a variation with older children do this activity with masks.



Beaded Bracelets

Getting everyone involved in the anti-bullying movement makes it more effective. Beaded bracelets allow children to show that they don't accept bullying behaviours in their setting. Provide children with a variety of colourful beads and letter beads. The children string the beads onto elastic string. Encourage them to spell out anti-bullying messages such as "No bullying allowed" or "Include everyone" with the letter beads. Brainstorm a list and write them on a board, flip chart etc for reference. The children wear their anti-bullying bracelets to send a message to others and to remind themselves of their commitment to no bullying.



Playground Chalk Messages

Take the anti-bullying messages to the playground (check with your setting first) with this creative activity. Chalk is an appealing form of creating artwork to younger children. Take the children onto the playground or the school paths etc, and encourage them to draw pictures and write anti-bullying messages. This expands the anti-bullying message to the entire school, setting etc.



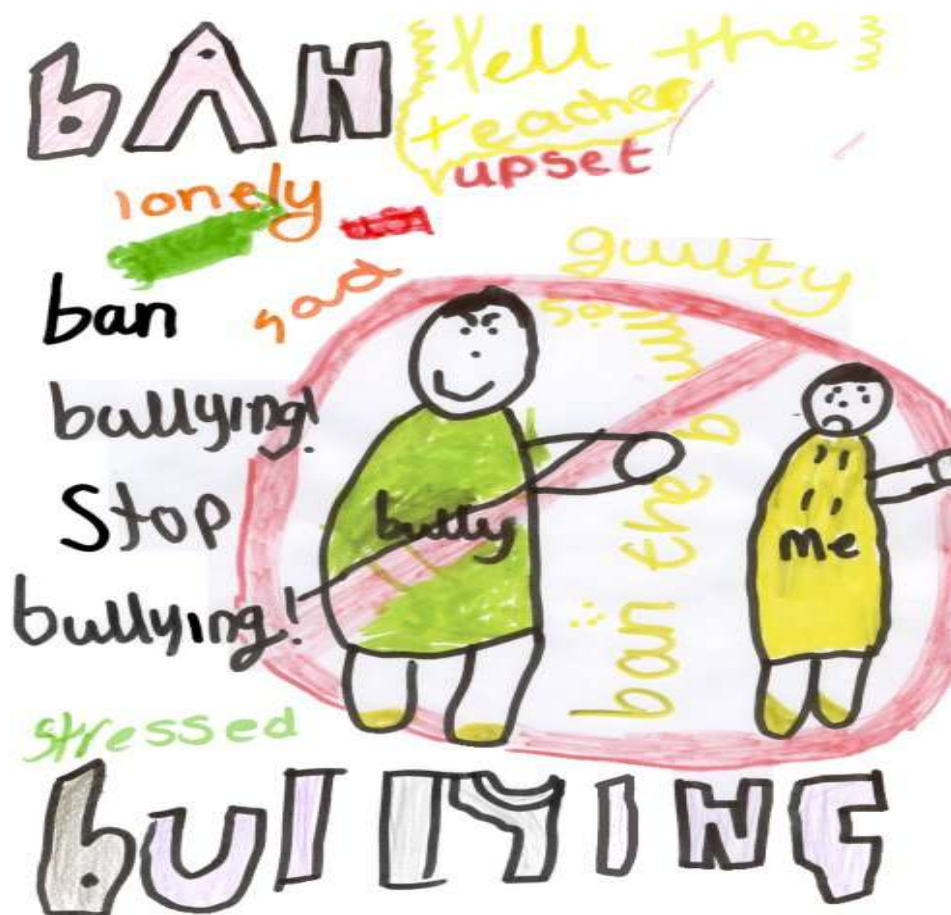
Picture Collage

Before the activity, gather up as many magazines as you can get your hands on. Hand out the magazines, along with some glue, paper and scissors to the children. Ask them to cut out pictures, letters and anything else within the magazines that represents to them the idea of bullying and the victims of bullying. After everyone has finished creating their collages, let each present their pictures to the group and have them explain why they picked the pictures on the page.



How Did You Feel?

Nearly everyone has had an insult directed at them sometime in their lives. Begin this activity by going around the group and asking about an insult they had received as well as given in their lives. Ask the children to create a picture using various art supplies (crayons, water colour paints, coloured pencils, for example and/or resources from BPCN's scrap store) depicting how they felt when they received the insult. Then, ask them to create a picture of how they felt when they gave an insult. After everyone has finished making their pictures, ask the group to hold up their pictures side-by-side for everyone to see. Look for differences between the two pictures and discuss everyone's interpretation of their art.



Sculpting Bullies

Get into the mind of a bully by having the children sculpt their ideas of bullies using play dough or clay. Give each of the children some play dough and ask them to sculpt a piece of art that depicts the mind of a bully. The children may sculpt literal representations of bullies, such as depicting an actual person, or they may sculpt something more abstract, such as a fist. Ask everyone to sit down and discuss their pieces of art. Let the children analyze the sculptures and talk with them about bullying behaviours and the reasons bullies use physical force or insults to hurt others.



'Bully or Buddy'?

Create a 'Bully or Buddy' board that shows several creatures that the children can make. (Big noses, wild hair and large feet make them more appealing). A buddy or bully characteristic is printed on the front of the creature. Some traits that children may use are: takes turns; helps people and says encouraging words; likes to push people and hit them; can't follow rules; likes to tease people and call them names; kind and considerate; cares about other peoples' feelings; has a lot of friends, etc.



180 Ways to be Kind

This is self-explanatory. Ask the children to come up with words that to them, represent 'being kind' and create an eye-catching display like the one below.



Useful Website Links

Let's Stop Bullying www.letsstopbullying.co.uk

Bullying UK www.bullying.co.uk

Kidscape www.kidscape.org.uk

Anti Bullying Alliance www.anti-bullyingalliance.org.uk

ChildLine www.childline.org.uk

Bullying Reduction Action Group (BRAG) www.birmingham.gov.uk/stopbullying

NSPCC www.nspcc.org.uk

Young Minds www.youngminds.org.uk

BeatBullying www.beatbullying.org