

Skills for Life Anti-Bullying Week Activity

United against bullying

We have created a short activity for Primary Schools based on our
Skills for Life programmes.

The activity can be adapted to the age group you work with.

How can we unite against bullying?

- Introduce children to the Skills for Life Golden Rules for Choosing a Good Solution

It makes me
feel better



It doesn't hurt me
or anyone else



- Draw a star and rubbish bin on the board
- Cut up the solution cards and put them into a box or envelope
- Model picking a solution card from a box, read and show it to the class and then decide if it is a helpful solution to unite against bullying and explain why
- If it is a helpful solution to unite against bullying, stick it under the star, if it is not stick under the rubbish bin (remember to use the Golden Rules)
- Now ask a volunteer to take a turn
- Continue this activity until all of the solution cards have been used
- If you have time, write the children's other suggestions on blank cards and ask children to put them underneath the star or the rubbish bin
- Extension: Create a class video or write a pledge for display about how the class will unite against bullying based on the helpful solutions

On the [Anti-Bullying Association](https://www.antibullying.org/) website you will find lots of resources that they've developed for schools and other settings.

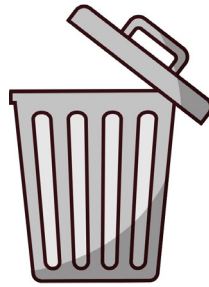


Partnership for Children are proud to be a member of
The Anti-Bullying Alliance - by working together we can reduce bullying.

www.partnershipforchildren.org.uk

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Solution Cards



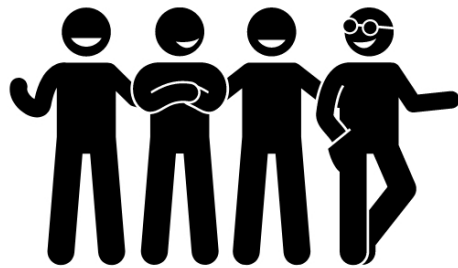
Tell a teacher if you see bullying



Fight the bully



Gang up on the bully



Be nice to everyone

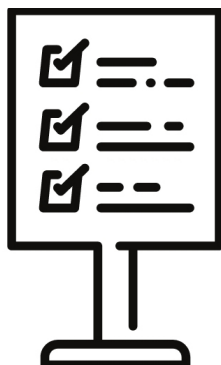


Ignore the bully



Make everyone feel special

Make school rules against bullying



Ask a friend for help

