STAND UP TO BULLYING
SCHOOLS PACK
#STANDUPTOBULLYING

WEDNESDAY 13TH JUNE

JOIN THE NATION THIS JUNE AS WE COME TOGETHER TO TAKE A COLLECTIVE STAND AGAINST BULLYING.

Stand Up To Bullying Day was started by The Diana Award in 2016, with the support of HRH The Duke of Cambridge in an effort to bring the country together and raise awareness as to what bullying is, how it occurs and what to do about it.

Last year saw the campaign reach over three million people on social media alone. Help us beat that number and stand up for a community of kindness on Wednesday 13th June.

Explore this pack to find creative ways to get your school involved and be sure to check out standuptobullying.co.uk for more information.
LOOKING AT ANTI-BULLYING POLICIES

Schools in England are legally required to have an anti-bullying policy and to share it with teachers, parents and pupils.

This policy makes clear the approach the school takes to bullying, and ensures that the whole school community – from students who are being bullied or bullying others, to parents, governors and staff – are aware of the school’s anti-bullying work and the steps that are taken if bullying is reported.

At The Diana Award we believe that the best anti-bullying policies are created with a whole-school approach, including students, teachers, SLT members, governors and parents. We suggest working with students to create a student friendly version of the policy that is colourful, engaging and visible around the school. You could create an anti-bullying ‘pledge’ or video version of the policy to spread the word about your school’s anti-bullying stance.
HOW TO REVIEW YOUR SCHOOL'S ANTI-BULLYING POLICY

Consider the following pointers when creating your policy to ensure that it is effective and easy to follow. These can also help you to identify any areas of improvement in your school's current anti-bullying policy.

1. Review what you have
   As a staff team review your school's anti-bullying policy. This is a good time to pick out what important aspects need to remain, but also if aspects of your policy are still relevant to your school and up to date with the latest educational guidelines.

2. Bring your students together
   Have a student session and discuss the policy. Ask questions like: Do they understand it? Is it clear? Do they know why it’s important? Consider language, format and length. Pick students of different age ranges and backgrounds so the feedback is as representative as possible!

3. Map out a new approach
   Look at examples of other anti-bullying policies by clicking here or visit antibullyingpro.com What can you and your students implement from these examples in your own policy?

4. Consider all options
   Anti-bullying policies aren’t just for paper! Think about how you can make it innovative and interactive. Need some ideas? Student charters in school planners, posters or even a short film are some of the many ways you can expand on the paper version of your anti-bullying policy!

5. Let students lead the charge
   Delegate the development of the anti-bullying policy to your students or if you have them at your school, your Anti-Bullying Ambassadors (but make sure to give support when needed). Remember, anti-bullying work is most successful in schools where a 'Whole School Approach' to bullying is adopted.

6. Promote the policy
   Once your anti-bullying policy is complete, make all students, staff, parents and governors aware of where to find it. A great way to do this is by sending it out in your school newsletter. It is a good idea to also collect feedback from the whole school just in case there is anything further to add or amend.
TIME: 45 minutes

OBJECTIVES
- Define what it means to be an upstander to bullying online and offline
- Explore how to be an upstander in various bullying scenarios
- Understand the positive impact standing up to bullying can have

PREPARATION
- Print off worksheets and pledges [Download at: standuptobullying.co.uk/resources ]
- Paper/stickers and colourful pens
- Copies of your school’s anti-bullying policy

Introduction [5 minutes]
- Ask students to stand up if...
  - You like ice cream
  - You have a sibling
  - You have brown eyes
  - You are a Beyonce fan
  - Now ask a few students to suggest their own
- Ask what students learned from this activity? Explain: This demonstrates that we all have things in common and things that make us different from others. Some people bully others because of peoples differences which isn’t ok. It’s our duty to make sure our school is an environment that celebrates difference and promotes compassion and kindness.
- Finish the intro by explaining that: “Today is Stand Up to Bullying Day, a time where the nation comes together to show how they are taking a stand against bullying. We’re going to look at what bullying is, as well as how to stand up to it.”

What is bullying? [5 minutes]
- Give students two minutes to work in pairs to come up with their own definition of what bullying is. Ask a few pairs to share their definitions.
Share The Diana Award’s definition: “Bullying is any behaviour that makes someone feel upset, uncomfortable or unsafe. This is usually deliberate and repetitive and can take many forms, such as verbal, indirect and physical.”

Bystanders vs. Upstanders [5 minutes]
• Ask students to think about these two words: ‘bystander’ and ‘upstander’. What do they think they mean?
• Read out the following definitions:
  1. A bystander is someone who knows about or sees bullying happening to someone else, and does nothing to prevent or stop it.
  2. An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up, and do their best to help, protect and support the person.

• Students should shout out as a group whether the following statements would be about an upstander or bystander. If somebody saw bullying taking place and did the following:
  1. Offered friendship to the person being bullied.
  2. Encouraged them to tell a teacher or parent.
  3. Pretended not to see the bullying taking place.
  4. Went to speak to a teacher to tell them what’s been happening.
  5. Asked if the person being bullied was OK and let them know you’re there for them.
  6. Thought ‘it’s OK, someone else will probably help’.

• Would students find it difficult to be the upstander? Explain that it’s sometimes hard to do but all it takes is one person to help someone being bullied feel better.

Bullying scenario - [15 minutes]
• Read out the following scenario: “You’re in class and you notice your friend is being left out deliberately of a group exercise. Other members of her group turn their chairs so she is not facing any of them and they do not allow her to speak. One boy says at one point ‘No one cares about your stupid suggestions.’ This isn’t the first time you’ve noticed this. It has happened three times before and always seems to be started by the same boy.”

• Ask: if you were a bystander, what would you do? E.g. ignore it, hope someone else steps in to help, walk away, not tell anyone, stop speaking to your friend.
• How would that make your friend feel? E.g. alone, upset, isolated.
• How could you be an upstander and stand up to bullying? E.g. tell a teacher, ask if your friend is OK and wants to join in with you, encourage your friend to speak to a parent or other trusted adult about what’s happening.
• How would everyone involved feel? E.g. your friend would feel supported and happier, the person doing the bullying might not have realised and might be sorry, your teacher would be aware of what’s happening and know to look out for it next time.

Upstander Pledges [10 minutes]
• Hand out paper/plain stickers and pens
• Show the Upstander pledges on the board and ask students to create a poster or sticker of their favourite one
• If they have time they can make up their own
• They should stick these somewhere visible for Stand Up to Bullying Day

Plenary
• Ask how students will use what they have learned in today’s session.
• Hand out copies of your school’s anti-bullying policy and explain your school’s procedures for reporting bullying.
• Take a picture to share on your school’s social media account using #StandUpToBullying
SECONDARY SCHOOL LESSON PLAN

TIME: 45 minutes

OBJECTIVES

• Define what it means to be an upstander to bullying online and offline

• Explore how to be an upstander in various bullying scenarios

• Understand the positive impact standing up to bullying can have

PREPARATION

• Print off worksheets and pledges [ Download at: standuptobullying.co.uk/resources ]

• Paper/stickers and colourful pens

• Copies of your school’s anti-bullying policy

Introduction [5 minutes]

• Ask students to stand up if...
  • You like ice cream
  • You have a sibling
  • You have brown eyes
  • You are a Beyonce fan
  • You use social media on a daily basis
  • You've seen people being mean online
  • You would help a friend who was being cyberbullied
  • You would help someone you don’t know who you see is being cyberbullied
  • You would help someone you don’t know who you see is being cyberbullied

• Ask what students learned from this exercise:

  1. Is it easier to help a friend who is being bullied or someone you don’t know?

  2. How is bullying different online to offline?

• Finish the intro by explaining that: "Today is Stand Up To Bullying Day, a time where the nation comes together to show how they are taking a stand against bullying. We’re going to look at what bullying is, as well as what it means to be an ‘upstander’ to bullying."
What is bullying? [5 minutes]
- Give students two minutes to work in pairs to come up with their own definition of what bullying is. Ask a few pairs to share their definition.
- Share The Diana Award’s definition: “Bullying is any behaviour that makes someone feel upset, uncomfortable or unsafe. This is usually deliberate and repetitive and can take many forms, such as verbal, indirect and physical.”

Bystanders vs. Upstanders [5 minutes]
- Split the group in half and ask them to stand at either side of the room. Label one ‘bystander’ and the other ‘upstander’.
- Ask each group to define the labels they have been given. Share the following definitions:
  1. A bystander is someone who knows about or sees bullying happening to someone else, and does nothing to prevent or stop it.
  2. An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up, and do their best to help, protect and support the person.

- Give both groups in turn two minutes to create freeze frames of a bullying scenario with people being either bystanders or upstanders. The other group then analyse what is happening in the freeze frame.
- Ask: Which character here is being bullied? Is it online or offline? What are the characters doing?

Bullying scenario [15 minutes]
- Hand out the scenario sheets
- Give pairs five minutes to fill in their sheets and take answers from the group
- Next, give pairs 10 minutes to write their cyberbullying scenarios. Ask the group to read these out along with their responses to the questions.
- Explain that there are a number of ways that we can #StandUpToBullying online. If they see someone being cyberbullied they can:
  1. Message that person to let them know that you’ve seen what’s going on and are there for them if they need any help.
  2. Encourage them to use the block and report tools on social media, and take a screenshot of the evidence.
  3. Encourage them to speak to someone like a parent or teacher to get support.

Upstander Pledges [10 minutes]
- Hand out paper/plain stickers and pens
- Students pledge to be an upstander in the future and illustrate their pledge as a poster or sticker to stick somewhere visible for Stand Up to Bullying Day
- Examples might be:
  1. Reporting hurtful messages I see online
  2. Supporting and welcoming new students in school
  3. Being friendly to someone I don’t know
  4. Sending a friendly message to someone who I see is being cyberbullied
  5. Make up your own!

I will stand up to bullying by...
1. Reporting hurtful messages I see online
2. Supporting and welcoming new students in school
3. Being friendly to someone I don’t know
4. Sending a friendly message to someone who I see is being cyberbullied
5. Make up your own!

Plenary
- Ask how students will use what they have learned in today’s session.
- Hand out copies of your school’s anti-bullying policy and explain your school’s procedures for reporting bullying
- Take a picture to share on your school’s social media account using #StandUpToBullying
THERE ARE LOTS OF WAYS YOUR SCHOOL CAN GET INVOLVED WITH STAND UP TO BULLYING DAY ON 13TH JUNE.

SHOW YOUR SCHOOL’S SUPPORT BY FUNDRAISING

Take a Stand
Show how your school is tackling bullying by organising a whole-school Stand Up! Spell out the words ‘Stand Up to Bullying’ in the playground or playing field and share a picture on social media. Turn it into a fun day and encourage students to donate £1 to take part.

Raise additional funds on the day by:

• Selling the Stand Up To Bullying badge or stickers
• Cake Sale
• Tombola
• Get creative with your own #StandUpToBullying Day activity

If you choose The Diana Award as your chosen charity you can send us the money by writing a cheque out to ‘The Diana Award’ and posting it to us at: The Diana Award, WeWork, 1 Mark Square, London EC2A 4EG
BULLY NO MORE!
ORDER YOUR STAND UP TO BULLYING DAY MERCHANDISE

VISIT OUR STORE TO PURCHASE YOUR OFFICIAL #STANDUPTOBULLYING DAY BADGE AND STICKERS!

ANTIBULLYINGPRO.COM/STORE
## BADGE PRICING

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>PRICE</th>
<th>SAVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>£50</td>
<td>N/A</td>
</tr>
<tr>
<td>50</td>
<td>£90</td>
<td>10%</td>
</tr>
<tr>
<td>100</td>
<td>£165</td>
<td>15%</td>
</tr>
</tbody>
</table>

## STICKER PRICING

<table>
<thead>
<tr>
<th>QUANTITY</th>
<th>PRICE</th>
<th>SAVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>£9</td>
<td>N/A</td>
</tr>
<tr>
<td>120</td>
<td>£15</td>
<td>27%</td>
</tr>
<tr>
<td>300</td>
<td>£30</td>
<td>44%</td>
</tr>
</tbody>
</table>

---

**Support Stand Up To Bullying**

Text SUTB18 £1, £2, £3, £4, £5 or £10 to 70070!

Make a one time donation to The Diana Award’s Stand Up To Bullying campaign.
GET DIGITAL

SPREAD THE WORD ON SOCIAL MEDIA ON WEDNESDAY 13 JUNE 2018
#STANDUPTOBULLYING
WE'RE ASKING EVERYONE TO SHARE ON SOCIAL MEDIA HOW THEY'RE STANDING UP TO BULLYING IN JUST FIVE WORDS_

TWITTER
Twitter is the ideal platform to share as-it-happens-updates throughout the day. Get involved in the #StandUpToBullying conversation by following the hashtag!
Feel free to get creative as possible, we’ve put together some suggested posts for you below to get you started:

“Today the nation is coming together to pledge to #StandUpToBullying. Find out more at standuptobullying.co.uk. Join in and share how you are standing up to bullying up in five words!”

“Today I will #StandUpToBullying and I am tagging @[insert username here], @[insert username here] and @[insert username here] to do the same!”

“How I will #StandUpToBullying in 5 words: [insert five words for how you are standing up to bullying] How will you #StandUpToBullying?”

E.G. “How I will #StandUpToBullying in 5 words: Being an upstander not bystander. How will you #StandUpToBullying?”

FACEBOOK
Why not share your #StandUpToBullying Day activity on Facebook? You could either set up a Facebook live or upload a video sharing how you are choosing to #StandUpToBullying in five words.

Don’t forget to tag @AntiBullyingPro and #StandUpToBullying so that we can share your message.

INSTAGRAM
Share a boomerang as you, quite literally, #StandUpToBullying on your Insta Stories.
It’s easy to make a boomerang in the Instagram app itself and we’d love to see your posts so remember to tag us with @AntiBullyingPro and #StandUpToBullying

SNAPCHAT
We’re excited to have a dedicated #StandUpToBullying Day Snapchat filter that will be launched across the UK on 13th June!
Send Snaps showing how you are choosing to #StandUpToBullying in five words using the filter throughout the day.

#HASHTAG
However you choose to celebrate Stand Up To Bullying Day make sure you use the hashtag when you share online #StandUpToBullying
Stand Up To Bullying Day is a campaign brought to you by The Diana Award.
For more information visit: standuptobullying.co.uk