

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

KEY MESSAGE

1. Take notice, act, and help each other stay safe.
2. Kindness and standing up together make a strong school community.

ACTIVITY 1: SCENARIOS & SOLUTIONS (30 MINUTES)

Reinforces: Distract, Stay Safe, Offer Support, Get Help

1. Materials Needed:

- Printed scenario cards based on real-life bullying situations.
- A whiteboard or projector.

2. Instructions:

- Divide students into small groups (3-4 students per group).
- Each group receives a scenario card (e.g., a student being teased for their appearance, someone being excluded, or physical bullying).
- Students discuss:
 - What is happening? (Take notice)
 - How can you respond using the strategies from the poster? (Distract, Offer Support, Stay Safe, Be Direct)
- After 5 minutes of discussion, each group shares their responses with the class.

3. Debrief:

- Use the whiteboard to list key strategies discussed, ensuring each group highlights how they would get help and stay safe.
- Reinforce that safety is always the priority and knowing when to seek adult support is crucial.

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

ACTIVITY 2: ROLE PLAY - BE DIRECT OR DISTRACT? (20 MINUTES)

Reinforces: Distract, Be Direct

1. Materials Needed:

- No materials required (optional: a few props for dramatisation).

2. Instructions:

- Select a few volunteer pairs of students to act out a brief role-play.
- The scenario involves witnessing bullying (choose from scenarios discussed in Activity 1).
- Students will:
 - First, demonstrate how they could distract the situation (e.g., "Hey, let's go over there, I need to talk to you").
 - Then, show how they would be direct (e.g., "That's not okay. Stop bullying him!").

3. Debrief:

- After each role-play, discuss with the class:
 - Which approach worked better and why?
 - How could they apply these responses in real life?
- Emphasise that either approach is valid and depends on what feels safe at the moment.

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

ACTIVITY 3: POSTER DESIGN CHALLENGE (40 MINUTES)

Reinforces: If You See Something, Do Something, Get Help

1. Materials Needed:

- Large sheets of paper, coloured markers, and art supplies.

2. Instructions:

- Divide the class into small teams (3-4 students each).
- Each team creates their own anti-bullying poster based on the slogan "If You See Something, Do Something."
- Encourage creativity: they can include quotes, artwork, or examples of how students can step in and stop bullying.
- Teams will present their posters to the class and explain the reasoning behind their design.

3. Debrief:

- Display the posters around the classroom or school hallways.
- Lead a short discussion about how these posters can serve as daily reminders for students to stay vigilant and act.

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

ACTIVITY 4: ANONYMOUS KINDNESS (10 MINUTES, ONGOING)

Reinforces: Offer Support & Be Kind

1. Materials Needed:

- A box or basket labelled "Kindness Box."
- Small slips of paper and pencils.

2. Instructions:

- Introduce the Kindness Box, where students can anonymously write kind or supportive messages for their classmates.
- Students write brief notes of encouragement, appreciation, or supportive thoughts to others in their class.
- Each week, a few notes will be read aloud (without revealing the sender) to reinforce kindness as a community value.

3. Debrief:

- Discuss how offering kindness is a powerful way to prevent and counteract bullying.
- Highlight how small acts of kindness contribute to a safer, more supportive environment.

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

ACTIVITY 5: REPORT IT! ROLE-PLAYING TRUSTED ADULTS (15 MINUTES)

Reinforces: Get Help

1. Materials Needed:

- A list of trusted adults in the school.

2. Instructions:

- Create a role-play exercise where students practice reporting bullying incidents to a trusted adult.
- Choose pairs where one student plays the role of a peer reporting the incident, and the other plays the role of the trusted adult.
- Use sample phrases like:
 - "I need to tell you something that happened..."
 - "I saw something at lunch, and I think someone needs help."

3. Debrief:

- Remind students about the importance of telling someone and not keeping silent.
- Reinforce the message that seeking help is a sign of strength.

"IF YOU SEE SOMETHING, DO SOMETHING: EMPOWERING STUDENTS TO STAND UP AGAINST BULLYING"

REFLECTION ACTIVITY: PERSONAL ACTION PLAN (10 MINUTES)

Reinforces: All key messages

1. Materials Needed:

- Paper and pencils.

2. Instructions:

- Ask students to reflect and write down:
 - One way they will stay safe in challenging situations.
 - One way they will offer support to a classmate.
 - One trusted adult they will turn to if they need help.
- Allow students to keep this personal action plan as a reminder of how they can actively work to prevent bullying.

CURRICULUM FOR EXCELLENCE

Our activities support the experiences and outcomes within the Health & Wellbeing part of the Curriculum for Excellence and promote Children's Rights and Wellbeing.

Mental & Emotional Wellbeing: I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships I care and show respect for myself and others HWB 0-05a

Social Wellbeing: I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.

HWB 0-10a