Friendship Friday Assembly Script

Young people now have access to the online world 24/7 through their smart phones, iPads and Xbox’s. The online world can be an amazing place, connecting us to our loved ones, the wider world and our passions.

But it can also be terrible. Cyberbullying isn’t like face-to-face bullying, there’s no shelter from the abuse once you’re in the safety of your own home. Cyberbullying is relentless.

This assembly was created to highlight to pupils the importance of speaking-up about cyberbullying and using their online voice for good. The assembly was designed to use on Friendship Friday, before Anti-Bullying Week, however, it can be adapted to use at any time of the year.

**Top Tip ⭐️**

Set up a question on tootmood for pupils to answer before or after the assembly and get simple feedback about how the whole school are feeling. Check out ‘Tootmood Questions for Anti-Bullying Week’ on the resource page for inspiration.

**Slide 1**

Welcome!

Today is Friendship Friday, this is an initiative started by the charity Kidscape. The aim of the day is to inspire people to make the world a happier and kinder place for everyone.

In this assembly we are going to be talking about cyberbullying and exploring what it means to be a good friend online.

**Slide 2**

Thirty five percent of people frequently experience cyberbullying.

**Slide 3**

Sixty two percent would be unlikely to intervene if they saw somebody cyberbullying somebody else.

**Slide 4**

Thirty five percent of people have sent a screenshot of someone’s status or photo to laugh at them in a group chat

**Slide 5**

One in five people spend more than forty hours a week online.

That’s a lot of time! So, it’s important that we all learn how act positively online and be a good online friend to one another.

**Slide 6**

What actions can you take to be a good online friend?

*Ask the audience to put their hands up with suggestions.*

**Slide 7**

Choose your words carefully.

*Ask pupils to think about the last comment they made on social media or the last text they sent.*

*Next ask pupils if they would they be happy for someone to say that to them or to someone they love?*

**Slide 8**

If you can’t say something nice. Don’t say anything at all.

This is a great rule to live by in life, online and offline.

**Slide 9**

Report it.

If you are being bullied on social media or online gaming or see it happening to someone else, you can report or block in the app. Which is a great short-term solution.

But one of the best ways to report cyberbullying is by using tootoot.

You can report anonymously at any time of the day or night.   
  
All you need to do is screenshot, write your message and click make a noise.

Then it will come straight to [insert department name] who can help you or the individual get support.

**Slide 10**

If you do witness someone being cyberbullied or you suspect, it’s happening to them.

Reach out.

Let them know that you are there for them if they want to talk about it.

A simple, ‘Hey are you ok?’ goes a long way when you’re feeling hurt.

**Slide 11**

Spread kindness.

You have the power to make your online community a happy and positive environment.

Use your online voice for good.

*Ask pupils to raise their hands with examples of how they can use WhatsApp/Instagram/Twitter/Facebook/Xbox/TikTok etc. for good.*

*Examples could be:*

* *Complimenting or congratulating your friends online*
* *Sending a nice to text to someone out of the blue*
* *Talking about body positivity online*
* *Posting about a charity you support*
* *Posting about volunteering you do to inspire others*

**Slide 12**

We rise by lifting others.

*Ask pupils to raise their hands with what they think ‘We rise by lifting others’ means to them.*

*Finally ask everyone to close their eyes, take a moment to reflect on how they behave and interact online, is there anything they can take away from today be a better online friend?*