

# ASSEMBLY PLAN: ANTI-BULLYING WEEK – ONE KIND WORD

This assembly script acts as guide to delivering the assembly PowerPoint provided. This assembly resource is designed to help you celebrate Anti-Bullying Week and raise awareness of the key theme 'One Kind Word'.

The script and the PowerPoint use facts about bullying and the adverse impacts that can have, as well as key discussion points about why it makes sense to be kind.

Please choose issues and topics which are most relevant to you and your school and adapt the structure and PowerPoint to suit.

## Introduction

Good morning everybody! This week is Anti-Bullying Week and this year's theme is 'One Kind Word'. Our school is going to be supporting Anti-Bullying Week, and we're going to explore the importance of being kind and see how that - as opposed to bullying - can improve the lives of, not just victims of bullying, but for all of us.

Anti-Bullying Week shines a spotlight on bullying and encourages all children, teachers and parents to take action against bullying throughout the year.

## Activity

We're going to play a game of True or False, to see how much you currently know about bullying and the effects it can have.

Hands-up if you think the following facts are true.

- True or False, within the past year **1.5 million** children and young people have been bullied.

**True!** Talk about the effects this can have on someone.

- Bullying means that **74,000** children are too scared to go to school.

**False!** Every day **160,000** children aged 5 to 19 are too scared to go to school. Talk about what this means

- True or False, **27%** of children who were bullied did not report it.

**False!** It is actually, **64%** of children who were bullied did not report it!

We're launching tootoot here so that you can all feel safe and confident in school. We don't want ANYTHING getting in the way of your learning at *{your school name}*, that's the most important thing to us. As well as talking about your concerns to a teacher or friend I want you to know that tootoot is also there for you to use if you'd like to talk to someone confidentially and discreetly.

If you ever forget your password just come speak to me or a member of staff at reception and we'll reset it for you.

Victims of bullying can and do find it difficult to tell someone so we often don't know who they are. Setting kindness as a general rule of behaviour, would simultaneously make people feel better about themselves and put a stop to bullying.

The good news is – being kind isn't difficult at all. And we're going to put that to the test right now.

Turn to the person next to you and say one kind word. It might be something flattering, something helpful or something motivational. Try to be sincere and genuine.

How does it feel? Not just to receive a kind word from someone but to be kind to someone else? If we're not used to either being kind or receiving a kindness, it CAN feel uncomfortable at first. But with practice and making it a part of our general behaviour, everyone benefits.

But why? Why be kind? What difference does one kind word make? Well what's the alternative? Let's have a look at how the possible effects of being kind stack up against being unkind.

*Discuss the outcomes on the table. Perhaps gather some student responses and suggestions before revealing this slide.*

Remember everyone, this is Anti-Bullying Week. Stamping out bullying is something we can all contribute towards. Being kind is one of the best courses of action. If everyone speaks and behaves with kindness in their hearts – bullying stops.

We want to help each other feel great! My challenge to you is to say at least one kind word to no less than five people by the end of today. Try to include at least one person that you maybe wouldn't normally interact with. It's easier than you think. And if you are aware of anyone who perhaps is having a hard time at the moment, one kind word could mean the world to them right now.

*Ask if any students would like to share an example of when someone was kind to them and the impact it had on themselves, or a situation.*

Ok, so let's recap:

- Be kind. It's probably one of the easiest things you can do and it has such a massive positive impact on you, them and everyone.
- Being kind is one of the quickest routes to putting an end to bullying.
- If you are being bullied or you know someone who is suffering from bullying, PLEASE talk to someone or use your tootoot login to confidentially tell someone.

Does anyone have any questions?