

Anti-Bullying Week: Change Starts with Us

11 – 15 November 2019 www.anti-bullyingalliance.org.uk



The theme for this year's Anti-Bullying Week is Change Starts with Us.

“Small change. Big difference.

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.

Change starts here. Change starts now. Change starts with us.”

- [Anti-Bullying Week is Change Starts with Us](#)

Ofsted

The 2019 School Inspection Handbook states that:

“The behaviour and attitudes judgement considers how leaders and staff create a safe, calm, orderly and positive environment in the school and the impact this has on the behaviour and attitudes of pupils...”

Factors include:

“A positive and respectful school culture in which staff know and care about pupils.

An environment in which pupils feel safe, and in which bullying, discrimination and peer-on-peer abuse – online or offline – are not accepted.”

Positive Peaceful Places (PPP) – Leicester City's Anti-Bullying Award

Launched last academic year, PPP has been developed to support schools in evolving peaceful practices in all its forms. The award looks at how schools can develop structures, policies and systems but also to develop justice, fairness, a shared ethos and the building of healthy relationships – all of which links to the 2019 Ofsted Handbook.

With this in mind, we have collated a selection of books, resources and activities that could be used during anti-bullying week to grow peace through developing kindness and understanding of difference.



Ideas for books

The following books all have a theme of kindness and/or celebrating difference that could be read during anti-bully week or used as a starting point for discussions. The books could be used with a variety of year groups depending upon the choice of questions/discussion points.

Book cover	Title and Author	Possible Big Question/ Discussion Point
	<p>The Smartest Giant in Town by Julia Donaldson</p>	<p>What would you want to say to the giant?</p> <p>Discussion point: It is more important to be smart than it is to be kind.</p>
	<p>Mr Big by Ed Vere</p>	<p>Who do you think the other animals' thought was playing the music?</p> <p>Discussion Point: My Big would rather be called Mr Small.</p>
	<p>Mixed by Arree Chung</p>	<p>Why did the colours want to be separated?</p> <p>Discussion Point: Leicester City could be described in the same way as the colour city – 'full of colour. It wasn't perfect, but it was home.'</p>
	<p>Dogs Don't Do Ballet by Anna Kemp</p>	<p>Select a picture. If Biff (the dog) could talk, what would he be saying?</p> <p>Discussion Point: Boys don't do ballet.</p>
	<p>Frog and the Stranger by Max Velthuis</p>	<p>How did the animals feel about Rat? (Plot their changing feeling throughout the book)</p> <p>Discussion Point: Pig was scared.</p>
	<p>The Lion and the Mouse by Jerry Pinkney</p>	<p>Look at the pictures throughout the book, how is lion feeling at different points.</p> <p>Discussion Point: Mouse was Brave</p>
	<p>We're All Wonders by RJ Palacio</p>	<p>How do you think people could change the way they see?</p> <p>Discussion Point: We're all wonders.</p>
	<p>Goodnight Stories for Rebel Girls by Elena Favilli and Francesca Cavallo</p> <p>Stories for Boys who Dare to be Different by Ben Brooks</p>	<p>These books contain short biographies about women and men who are 'different'. Each is accompanied by portraits by different artist. Many are available online. Rebel girls also has a website with podcasts of some of the stories.</p>

Activity Ideas

Kindness paperchain

Provide pupils with access to strips of paper. If they see another child in the class doing or saying something kind to another child or adult, write it on the strip of paper. Use these strips to make a paper chain of kindness. How long can you make it?

Get caught being kind

Give staff (and selected pupils) raffle tickets that they hand out to pupils who they have 'caught being kind'. Tickets get put together in a draw to receive a prize at the end of the day/week.

Chatterbox

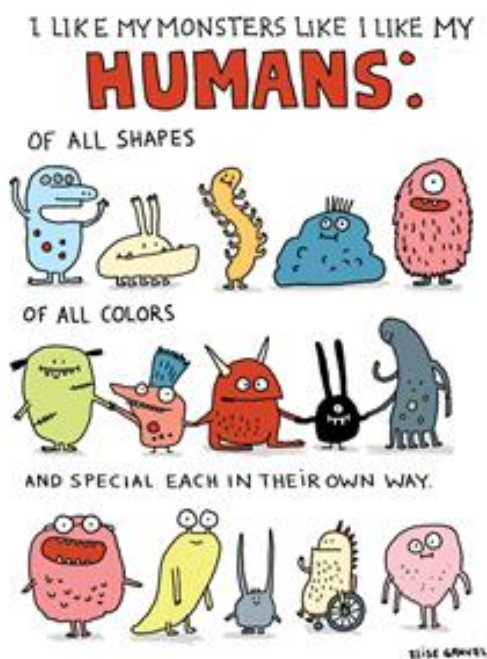
Make a 'chatterbox' with compliments under the final flaps.

Grateful

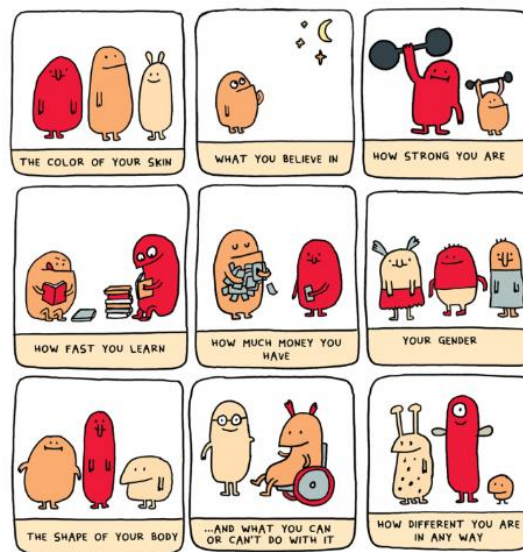
Encourage children to identify 3 little things at the end of each day that they are grateful for.

Pass the Peace

Have an object (e.g. stone, squishy, soft toy) that can represent 'peace'. Whoever has the object must do something peaceful and kind for another adult or child and then pass on the 'peace'.



WHATEVER...



...YOU DESERVE TO BE
LOVED AND RESPECTED.

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These and other posters suitable for discussion starting points are available to print from
– [Elise Gravel](#) – author / Illustrator

Get in touch

For more information, including details of the Positive Peaceful Places Award, please contact:
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