

# Toolkit: Anti-bullying



Use the free resources in this toolkit to help prevent and tackle bullying in primary schools. We have carefully selected a range of practical, quality-assured resources to use in your classrooms and schools to help stop bullying - and also support those who bully, and are bullied.

In this toolkit:

- ✓ Activities
- ✓ Videos and animations
- ✓ Worksheets
- ✓ Lesson plans
- ✓ Assemblies and workshops
- ✓ Information and advice
- ✓ Guidance for school staff

# #MentallyHealthySchools

# Toolkit: Anti-bullying

Bullying can happen for any number of reasons, but if a child is seen as different in some way they can be more at risk. Bullying can be harmful and affect children's mental health in a number of ways, including making children feel depressed or anxious, have angry outbursts or low self-esteem, among others. Bullying can also have long-lasting effects on children's academic performance.

We've pulled together and quality assured a selection of some of the best practical and informative resources to provide your school with different ways to help prevent bullying, as well as support children who bully, and have been bullied – and also empower bystanders.

## Preventing bullying

### Information and advice

#### Bullying and cyberbullying

Read our webpage to get an understanding of the impact that bullying can have on young children's mental health, and on what schools can do to prevent and tackle bullying.



[Go to resource](#)

#### Update or re-write your school's anti-bullying policy

Use these guiding principles to help your school develop and update its policy around anti-bullying.



[Go to resource](#)

## Racism and racial bullying

Helpful advice to share with pupils who are facing discriminatory bullying because of their race or culture.



[Go to resource](#)

## Lesson plan

### Change Starts with Us

Use this lesson plan and PowerPoint presentation to encourage pupils to discuss how to make their school – and being online – a safer and happier place for everyone. Links to the slides are included in the PDF document on page 6.



[Go to resource](#)

[More lesson plans](#)

## Videos

### “Think you understand me?”

Share this video with your class to raise awareness of the way in which stereotyped judgments can impact how young people feel.



[Go to resource](#)

### Top tips for teachers from children with SEND

Helpful advice shared by young children with special educational needs and disabilities (SEND) who've been bullied on what they think teachers should consider when tackling bullying in schools.



[Go to resource](#)

[More videos](#)

## Classroom activity

### Comic strip anti-bullying project (KS2)

This resource, which includes a storyboard, planner, scenario ideas and themes, encourages pupils to produce a comic strip to understand the effects of bullying, and talk in a more open way about how they feel.



[Go to resource](#)

[More classroom activities](#)

## Assemblies

### Speak Out Stay Safe assemblies and workshops

The NSPCC provides free assemblies and workshops for primary school children aged 5-11, where they talk about bullying and abuse in a safe way.



[Go to resource](#)

[More assembly plans](#)

## Training

### Free online training on preventing bullying of SEND children

Share this free online training with school staff to help reduce levels of bullying for those with special educational needs and disabilities (SEND).



[Go to resource](#)

## Supporting children who bully

## Information and guidance

### Tips on working with children who bully

Some things that schools can do to support children with mental health problems who bully.



[Go to resource](#)

# Worksheet

## A letter about how I'm feeling

Use this worksheet to help pupils express their feelings and understand what may have triggered them.

**YOUNGMINDS**

[Go to resource](#)

[More worksheets](#)

## Animations

### The story of a bully (KS2)

Share Mo's story with your class, or group of children, to help them understand why someone might carry out bullying behaviour. This will help them develop empathy and to understand what may drive someone to behave in a certain way. Be aware that this video may contain scenes that could trigger some children – note which children in the class may need extra support.



[Go to resource](#)

### Ariana's story: being a bully (KS2)

This animation explores why being undervalued at home drove Ariana to carry out bullying behaviour at school – and why a teacher's comments inspired her to stop. Share this animation with your class or group of children to help them develop empathy and think about the impact their actions may have on others. Be aware that this video may contain scenes that could trigger some children – note which children in the class may need extra support.



[Go to resource](#)

### Your experience - why do people bully?

This animation helps children to understand that there can be many different reasons why someone may bully others, and that often it is a reaction to how they're feeling, or to something happening in their life.



[Go to resource](#)

# Empowering bystanders

## Information and advice

### Tips on empowering pupils who are bystanders to bullying

Peer interventions have been shown to be largely successful in stopping bullying. Use these strategies to help children to change the role they have as a potential witness to bullying.



[Go to resource](#)

## Activity

### How bystanders can help stop bullying

Use these activities to talk to pupils about the role of a bystander and the different strategies they can use if they see bullying happening.



[Go to resource](#)

# Supporting children who have been bullied

## Information and advice

### Bounce back from bullying

Ask pupils who have been bullied to answer these six questions to help them feel better, to understand that bullying is never their fault, and know where to seek support. It may be helpful for staff to go through this with pupils.



[Go to resource](#)

## Five steps to supporting pupils who've experienced cyberbullying

Here are some things that school staff can do to help support and advise pupils who have experienced cyberbullying to prevent their mental health from deteriorating.



[Go to resource](#)

## Template for children to record any bullying incidents

Parents and pupils can use this template to share with the school anything that has happened in school, on the way to and from school, or online, that is making pupils feel sad or scared. The log will help to make sure that each bullying incident is recorded.



[Go to resource](#)

## Reporting sexting or bullying online

Share this information with pupils and parents about how to report sexting or bullying on social media. Pupils can also get support by calling Childline on 0800 1111.



[Go to resource](#)

## Videos

### Building confidence after online bullying

Show this to pupils to provide them with different ways to build their confidence after experiencing cyberbullying.



[Go to resource](#)

## Jake's story on being bullied (KS2)

Share this video with your class to start a discussion about how to deal with bullying, and about what pupils can do if they think someone might be being bullied.



[Go to resource](#)

## The strongman who used to be bullied

Share this video with pupils to help them to develop empathy and understand that lots of different people may experience bullying.



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[Resource library](#)

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