

BE AN **ANTI-BULLYING** SUPERHERO

We can all do our bit to make sure our school is an anti-bullying school. Here is how to be an anti-bullying superhero.

HELPING OTHERS

Be open to new friendships

Value friendships with a range of people, especially those who may not find it easy to make friends.

Be there for others

In the playground or classroom, look out for people who may not be included and ask them to join in.

Admit when you are wrong

If you are unkind to someone, apologise and make a change in your behaviour.

HELPING YOURSELF

Know when a friendship is healthy

A healthy friendship should make us feel positive, supported and safe. If you are unsure about a friendship, talk to an adult you trust.

Be assertive

If someone wants you to do or say something that makes you feel uncomfortable, like being unkind to someone else, it is OK to say no.

Take five

If you are feeling angry or annoyed about something a friend has done, take five minutes to complete a calming exercise, like square breathing.

*Are you worried about bullying? If you are, talk to a trusted adult at school or at home, or call Childline on **0800 1111**.*

GUIDANCE FOR TEACHERS

Before displaying this poster in your classroom or school, take a few minutes to talk through each of the actions it features with the children in your class. We have suggested some points here.

Be open to new friendships

Discuss how we all need a range of friendships (e.g. school friends, friends from our hobbies, friends we meet through family) and that although we may choose friends based on what we have in common, having friends who are different to you is important too. You could use the Mentally Healthy Schools [‘the same but different’](#) lesson plans to explore the value of diversity and what we can learn from those who are different from ourselves.

Be there for others

This may be an opportunity to talk about initiatives for peer support in your school, particularly at playtime. Ask the children, how would you feel if you were alone at playtime? What could you do to help another child? As a school, you may want to assign playtime buddies to help everyone to feel included.

Admit when you are wrong

Remind the children that we are all human and make mistakes, but that repeatedly being unkind or hurting someone is bullying. If we are unkind, it is important that we admit what we did and make sure it doesn't happen again. You may want to discuss strategies to work well with people, even if you do not always get along.

GUIDANCE FOR TEACHERS

Know when a friendship is healthy

You may want to take some time in class to explore what is meant by this. Healthy friendships are ones that make us feel safe, supported and equal. You may want to explore what each of these words mean to the children. You could then discuss how unhealthy friendships might make you feel uncomfortable, they may exclude other people or focus mainly on one person in the friendship. Discuss who in and out of school could help them with this, if needed.

Be assertive

Explain that sometimes friends may want us to do or say things we might not feel comfortable with, for example being unkind to another child. Although we might want to fit in with our friends, it is important that we do what we know is right. What would that be in this case? Talk to the children about what 'being assertive' might mean to them. Discuss how being assertive is respectfully expressing your opinion on a subject. For ages 10-11, you could refer to these pages from Childline on [being assertive](#) for further information.

Take 5

Show the children an example of a calming technique, square breathing. There are four steps to this breathing technique - breathing in for two seconds, pausing for two seconds, breathing out for two seconds and pausing for two seconds. You could draw a square either on a piece of paper or with your fingers in the air, to help you to coordinate your breathing in and out. Repeat this activity for a few minutes.