Bullies Out®

CHOOSE RESPECT

PRIMARY RESOURCES 2024

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PRIMARY RESOURCES PACK

Introduction

Bullying behaviour affects millions of lives and can leave a person feeling devastated. Too often we are silent when we see bullying taking place, silent when we see the hurt it causes and silent when we see bullying dismissed as 'just banter'. But it doesn't have to be this way. **If we challenge it, we can change it.** And it starts by **Choosing Respect**!

Choose Respect is the theme for this year's Anti-Bullying week and whether at school, home, in the community or online, being respectful to others is so important.

Too often we are silent when we see bullying taking place, silent about the hurt bullying behaviour causes and silent when we hear bullying behaviour being dismissed as 'just banter'.

It doesn't have to be this way. Of course, we won't get on with everyone and we won't always agree, but it doesn't have to lead to bullying behaviour. We can **Choose Respect**, kindness and unity.

The activities in this brochure have been designed to help children and schools celebrate and take part in Anti-Bullying Week 2024.

They are all based around this year's theme '**Choose Respect**' and how we can do this, not only others, but for ourselves as well.

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RESPECT RHYME/ ACROSTIC POEM

Make up a Respect Rhyme or Acrostic Poem (like the one below) and display it on the wall during anti-bullying week (and beyond). You may not want to use what is below but may want to encourage the children to come up with their own ideas.

Respect Everyone

Empathy is important

Say kind things to others

Please remember to use your manners

Everyone Matters

Can you do something respectful today?

Take time to listen to others

TEACHER NOTES:

The word "respect" may make children think of all kinds of associations with certain behaviours. To them, it may look like paying attention, 'obeying' adults, and following rules. But there is so much more to respect than that.

Having respect for others can help encourage kindness, improve relationships, foster good manners, and build one's character. A child's sense of respect can be developed through respect activities for children – like this one.

Respecting each other is one of the important values we learn that forms the basis of good relationships. This is because respect teaches us to care about how our words and actions affect people. As children continue to grow, they learn more about who they are and what they can do through these relationships. By respecting others, they can be more aware and accepting of others' different needs, feelings, and ideas.

Treating each other with respect is necessary to form a safe and peaceful society. It is especially important as it means treating others the way we would like to be treated.

PUZZLE IT OUT

Group the children in pairs or small groups. Cut out the scenarios below and share them out amongst the children.

Invite them to read their statement and discuss how they might show respect in that situation.

For younger children, you may need to read the statements and invite them to put up their hands and give you their answers.

How do you show respect when...

Someone is annoyed?

How do you show respect when...

Someone disagrees with you?

How do you show respect when...

Someone has fallen over in the playground?

How do you show respect when...

Someone has the book you wanted to read?

How do you show respect when...

There aren't enough resources for everyone?

How do you show respect when...

When you are learning in class?

How do you show respect when...

You are eating alongside others?

How do you show respect when...

Someone is crying?

How do you show respect when...

You meet someone new?

How do you show respect when...

It's 'tidy up time' in class or at home?

TEACHER NOTES:

Teaching young children about respect can be both fun and educational through a variety of activities that engage them in understanding the concept. By incorporating these activities into daily routines, children can learn the importance of respect in a tangible and meaningful way.

This activity will help them understand how they can be respectful in different situations.

Teaching children about respect is essential for their personal growth, social development, and future success. It helps them navigate various aspects of life with empathy, kindness, and integrity.

Here are some key reasons why it is important:

1. BUILDING HEALTHY RELATIONSHIPS

- Foundation for Interaction: Respect is the foundation of all healthy relationships, whether with family, friends, teachers, or peers. Understanding and practicing respect helps children build strong, positive connections with others.
- Conflict Resolution: Children who learn to respect others are better equipped to handle conflicts and disagreements in a constructive and peaceful manner.

2. DEVELOPING EMPATHY

- Understanding Others: Teaching respect involves teaching empathy. When children learn to respect others, they also learn to understand and appreciate different perspectives and feelings.
- Reducing Bullying Behaviour: Empathetic children are less likely to engage in bullying behaviour and are more likely to stand up for peers who are being mistreated.

3. ENHANCING SELF-ESTEEM

- Self-Respect: Learning about respect also includes self-respect. When children respect themselves, they are more likely to set healthy boundaries and have a positive self-image.
- Mutual Respect: Feeling respected by others can boost a child's confidence and self-worth, encouraging them to participate more actively and positively in social settings.

4. PROMOTING ACADEMIC SUCCESS

- Positive Classroom Environment: Respectful behaviour creates a positive and inclusive classroom environment, which can enhance learning and cooperation among students.
- Better Teacher-Student Relationships: Respect between students and teachers fosters a better learning environment and enhances the educational experience.

5. ENCOURAGING INCLUSIVITY AND DIVERSITY

- Appreciation of Differences: Respect involves recognising and valuing differences in others, whether cultural, racial, religious, or individual. This fosters a more inclusive and accepting community.
- Global Awareness: In an increasingly interconnected world, understanding and respecting diverse perspectives and cultures is essential for global citizenship.

6. IMPROVING MENTAL AND EMOTIONAL WELL-BEING

- Emotional Regulation: Respectful interactions help children learn to manage their emotions and reactions, leading to better emotional regulation.
- Positive Social Experiences: Children who practice respect are likely to have more positive social experiences, which can reduce stress and anxiety and promote overall well-being.

SOME OTHER ACTIVITIES:

CHAIN OF RESPECT:
Give the children strips of coloured paper on which they can write the ways in which they show respect to others at school. These can all be linked together to form a chain and highlight the importance of all working together to show respect.

RESPECT PORTRAIT:
Give each child a sheet of paper and some pens. Invite them to draw a circle in the centre in which they then draw the face of someone they respect in the centre of the circle. They can then surround the outline of the circle with all the reasons why they respect this person; What do they do/say? How do they act?

RESPECT CIRCLE:
Have children sit in a circle and take turns giving each other compliments. This helps them practice positive communication and understand the value of kind words.

RESPECT PLEDGE:
Create a pledge that the children can recite together, emphasising respect in their daily interactions.

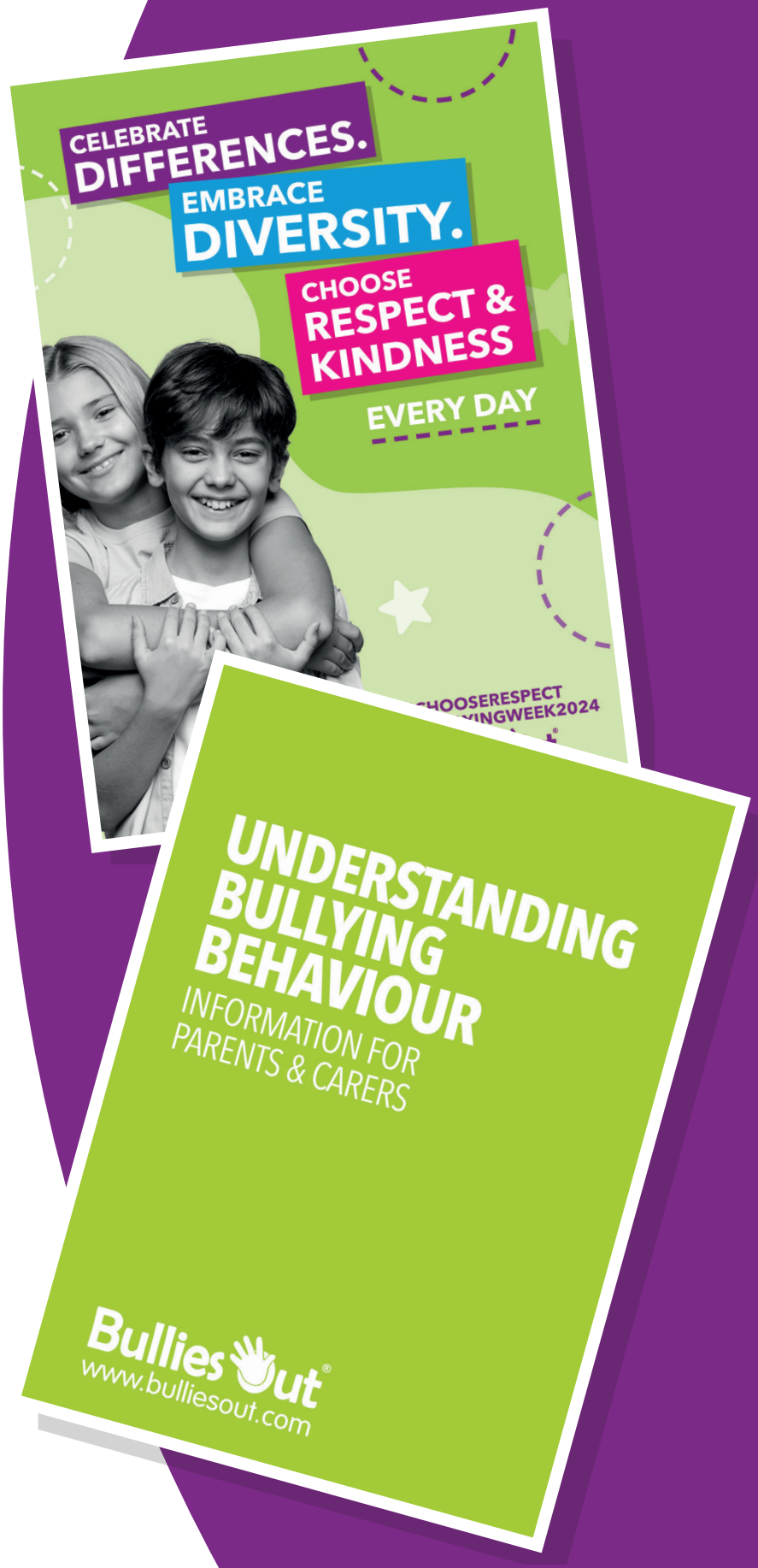
RESPECT POSTERS:
Have children create posters that depict what respect looks like. They can draw pictures or cut out images from magazines that show respectful behaviour.

KINDNESS ROCKS:
Paint rocks with kind messages and respectful words. These can be placed around the classroom or school to promote a culture of respect.

SIMON SAYS:
Play "Simon Says" with a focus on respectful actions (e.g., "Simon says, listen quietly," "Simon says, help a friend").

OTHER THINGS YOU CAN DO

- If you want to shine more of a spotlight on bullying behaviour, please look at our **workshops and training programmes** – all of which cover a range of anti-bullying themes.
- Display our **Choose Respect posters** around your school. We also have Anti-Bullying and Kindness posters available, and these can be downloaded from our website hard copies can be requested from us.
- You can purchase a range of our f**antastic merchandise**, including wristbands, badges, pens, keyrings, and lanyards from our online shop.
- You can share our **Information Brochure** for Parents with the parents and carers of the children in your school.
- We have **CPD Certified training** for Educators and training for parents on topics such as Online Bullying and Understanding and Exploring Bullying.
- We have several **videos** that can be used in assemblies or class talks. They can be downloaded from our YouTube channel.
- BulliesOut is not government funded so we continually raise funds to keep our charity going. If you can **fundraise for us**, we would be really happy as it would help make a big difference to us. You could hold a Go Purple event at your school (details are on our website) or look at our Fundraising Brochure for Schools for more ideas.



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ABOUT BULLIESOUT

Award winning charity BulliesOut, founded in 2006, is one of the UK's only charities dedicated to preventing bullying behaviour. Our work is delivered across the UK and each year, through our work we provide anti-bullying workshops, training, youth engagement programmes, mentoring and counselling support to approximately 15,000 people each year.

Our mission is simple – to support individuals, schools, youth and community settings and the workplace through positive and innovative anti-bullying programmes and to empower individuals to achieve their full potential.

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