



GO DISCUSS: ANTI-BULLYING

CONSIDER USING THE GREAT OUTDOORS TO TEACH IMPORTANT LESSONS ON ANTI-BULLYING, BULLYING AWARENESS AND PREVENTION, BOTH INSIDE AND OUTSIDE OF THE CLASSROOM.

Each year, Anti-Bullying movements reach their peak throughout October and November. Whether you choose to raise awareness for the entire Bullying Prevention Month, Anti-Bullying Week, or simply dedicate a day to it, every little helps to put a stop to bullying.

With potentially months of being cooped up in the classroom ahead, we think autumn is the perfect time to get pupils outside to blow off some steam, raise awareness of bullying and most importantly, teach crucial lessons about prevention.

Wrap up the kids, don your wellies, and try out these autumnal anti-bullying activities:

GO BITESIZE

- Use red, yellow, and green leaves to mark out areas of the playground that bullying takes place. Red are areas where bullying often occurs, amber is occasionally, and green is safe. Use your new knowledge to make "at-risk" areas feel safer.
- Use a conker collection to monitor bullying. Encourage children to place a conker in a vase whenever they are bullied or witness bullying happening. Use this as a week by week reflection on how well prevention techniques are working throughout the campaign.
- Create an outdoor mural that promotes anti-bullying. Allow the children to "graffiti" the wall with kind messages or acknowledgements of friendly behaviour around the school. Make a note to reward those children who have shown great efforts in bullying prevention.
- Start your own outdoor theatre club and ask the children to provide a performance around bullying. Raise awareness of the different forms of bullying and how a person could help to counteract this.
- Get outside and bond as a team. We think a Tree Top Junior course at Go Ape is a great way to build children's confidence, encourage mutual support throughout the course, and celebrate in one another's successes.

If you have any questions that need answering or would like more ideas about how to raise bullying awareness in your classroom, visit the official Anti-Bullying Alliance website:

www.anti-bullyingalliance.org.uk

