Stop Speak Support Day - Thursday 15th November 2018

A day in Anti-Bullying Week to shine a spotlight on cyberbullying

KEY STAGE 3 AND 4 SCHOOL PACK

STOP SPEAK SUPPORT

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[Anti-Bullying Alliance]
ORGANISER

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CONTENTS

INTRODUCTION

This tool has been design to support schools to hold Stop Speak Support Day in Anti-Bullying Week this year. It is being held on the Thursday of Anti-Bullying Week — Thursday 15th November. This pack contains everything you'll need to bring it to life in your school including:

- Lesson activities
- Assembly plans
- Cross curricular activities
- A campaign films
- Resources about cyberbullying from across the anti-bullying sector

The campaign was developed with young people for young people over the last 18 months and we hope you find it useful. Don't forget to look and see how you could factor any of the activities in this pack into the many other resources listed at the end of this pack or into your wider e-safety activity within school.

If you are holding Stop Speak Support Day in your school, you can display the Stop Speak Support Day Poster
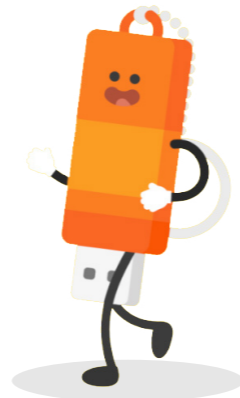
Stop Speak Support

WE ARE HOLDING STOP SPEAK SUPPORT DAY THIS ANTI-BULLYING WEEK TO HELP STOP CYBERBULLYING

THURSDAY 15TH NOVEMBER 2018

If you are worried about cyberbullying or want to be involved in planning Stop Speak Support Day contact

⬇ **Free download HERE**

WHAT IS STOP SPEAK SUPPORT DAY?

This year, as part of Anti-Bullying Week, **we are holding our first ever Stop Speak Support day** to tackle cyberbullying. Launched last year by The Duke of Cambridge and The Royal Taskforce on the Prevention of Cyberbullying, Stop Speak Support is a campaign to help young people understand what cyberbullying is, and learn what they should do if they see someone being treated badly online. **This pack and the Stop Speak Support campaign is target young people aged 11-16 years old.**

Visit Stop Speak Support to find out more and to learn about the code of conduct: **www.stopspeaksupport.com**

WHY ARE WE FOCUSSING ON CYBERBULLYING?

Cyberbullying continues to be a significant issue for young people today:

1 IN 5 TEENAGERS IN ENGLAND

have experienced cyberbullying in the last two months

(https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/Health_behaviour_in_school_age_children_cyberbullying.pdf)

Children who have been cyberbullied are more likely to be depressed, anxious and lonely

(https://www.anti-bullyingalliance.org.uk/sites/default/files/field/attachment/Focus%20on%20Cyberbullying-1_1.pdf)

STOP - SPEAK - SUPPORT

The Stop Speak Support code of conduct was developed in response to a request from young people for more guidance on how to behave online and how to deal with cyberbullying.

See the code HERE

WHAT IS ANTI-BULLYING WEEK?

Anti Bullying Week is an annual event organised by the Anti Bullying Alliance (ABA) which reaches 75% of schools in England each year. The week aims to raise awareness of bullying and highlights ways of preventing and responding to it. The week encourages children, young people, teachers and parents to take action against bullying throughout the year.

The theme for Anti-Bullying Week 2018 is Choose Respect.

You can find many resources related to Anti-Bullying Week including school packs on the ABA website.

⬇ **Download HERE**

SHARE YOUR ACTIVITY WITH US

We want to see how you've celebrated Stop Speak Support Day in you school. Please share your activity with us.

\# **#StopSpeakSupport
#AntiBullyingWeek**

FIND US ONLINE

[Anti-Bullying Alliance]

www.anti-bullyingalliance.org. uk/anti-bullying-week

STOP SPEAK SUPPORT

www.stopspeaksupport.com

TAG US IN YOUR POSTS

f   🐦   📷   ▶ You Tube

/antibullyingalliance   @abaonline   @antibullyingalliance   /AntiBullyingAlliance

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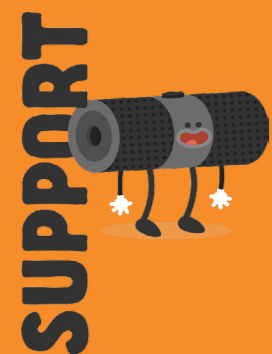SUPPORTER

THE STOP SPEAK SUPPORT CAMPAIGN

THE CODE

The Stop Speak Support code of conduct has been developed with young people and provides simple steps for young people who witness cyberbullying to follow. It aims to empower young people to stop cyberbullying, by speaking out and seeking support.

STOP

- Take time out before getting involved and don't share or like negative comments.
- Try and get an overview of what's really going on.
- Check the community guidelines for the site you're on.

SPEAK

- Ask an adult or friend that you can trust for advice.
- Use the report button on the social platform it's happening on.
- Speak to one of the charities set up to help with situations like this (i.e. Childline.)

SUPPORT

- Give the person being bullied a supportive message to let them know they're not alone.
- Encourage them to talk to someone they can trust.
- Give the person being bullied a positive distraction from the situation.

THE CAMPAIGN FILM

We have worked with young people from the Anti-Bullying Alliance, Diana Award and NSPCC to develop our official 2018 Stop Speak Support campaign film. **The film, written entirely by the young people uses beat poetry to get across a powerful message.**

#StopSpeakSupport

You can view the film HERE

Please do NOT share it publically until Stop Speak Support Day on Thursday 15th November.

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ASSEMBLY PLAN

Aims

- Help pupils understand that it is Stop Speak Support Day

- Help children and young people understand the importance of respectfully disagreeing

- Pupils understand the messages on the Stop Speak Support Code and what they should do if they see bullying online

Time

- 20 mins

Resources and preparation

- **PowerPoint Presentation**

- **YouTube Film** – 1 minute — please watch the film before showing it to pupils. Please note: This film is not public until Thursday 15th November 2018 — **PLEASE DO NOT SHARE IT BEFORE.** We are not responsible for other films on YouTube that might be suggested watching by YouTube and please ensure you turn off auto-play to avoid accidentally playing content from outside of the Anti-Bullying Alliance.

- Make sure you know your Anti-Bullying Policy details and are able to share with children what they should do if they are worried about anything or worried about bullying both on and offline.

IS IT POSSIBLE TO BE A CYBERBULLYING BYSTANDER? - 5 mins

Clarify what a bystander is.

Definition: A bystander is 'a person who does not become actively involved in a situation where someone else requires help' and in this way is understood to be a passive observer, an onlooker who watches something happening, but stays on the sidelines and doesn't intervene or get help, even if someone needs it.

Show slide 2 of the presentation

The question on the slide is **'Is it possible to be a cyberbullying bystander?**

Ask pupils what they think? They might say things like 'how can you help?', 'I don't think it's my responsibility' or 'it happens a lot'. Ask can you be a cyberbullying upstander without getting involved in the situation? Tell them you can by reporting what's going on, seeking help and asking if the target is ok.

Ask for a show of hands if pupils have seen bullying online?

You may need to be prepared if you have disclosures of people who have experienced cyberbullying.

State that it is possible to be a bystander to cyberbullying.

THE CAMPAIGN FILM - 5 mins

Today, as part of Anti-Bullying Week, we are holding Stop Speak Support Day. We want to talk about cyberbullying and what you can do if you see bullying online.

Show the film

Ask pupils 'What is the message of the film?'

Show slide 3 of the presentation (optional extra if you have time)

It says 'I Choose, You Choose, We Choose Respect Online'

Split the audience into four segments. For each segment give them one of the statements below:

- I choose
- You choose
- We choose
- Respect online

Conduct them to say the phrase in different combinations as loud as they can.

IF YOU SEE BULLYING ONLINE - 5 mins

Ask pupils what they should do if they see bullying online? Take suggestions.

Show slides 4-6 of the presentation

It outlines the Stop Speak Support Code and what pupils can do if they see bullying online.

FINAL MESSAGES - 5 mins

- State the school's position on tackling cyberbullying and that we all need to be online bullying upstanders

- Outline everything you will be doing for Stop Speak Support Day and Anti–Bullying Week

- Say who pupils can speak to if they are worried about bullying both online and offline.

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LESSON ACTIVITY

Aims

- To understand what cyberbullying is and how they can take action through the code of conduct when they see it online
- To encourage pupils to become upstanders
- To empower pupils to feel like we can make the internet a better place
- To equip pupils with the skills to know what they should do if they encounter bullying online

Time

- 1–2 Hours

Outcomes

By the end of this lesson pupils will:
- Be able to describe what cyberbullying is
- Be able to tell you about the Stop Speak Support Code and campaign messages and understand how to be good 'digital citizens'
- Know how to respond to bullying they see online
- Know who they can talk to if they see or experience online bullying

Resources and preparation

- Handout 1 — is it cyberbullying?
- Handout 2 — Bystander vs Upstander
- Handout 2 — the beat poetry script
- Handout 3 — the Stop Speak Support Code
- Handout 4 — bystander scenarios
- YouTube Film – 1 minute — please watch the film before showing it to pupils. Please note: **This film is not public until Thursday 15th November 2018** — please do not share it before. We are not responsible for other films on YouTube that might be suggested watching by YouTube and please ensure you turn off auto-play to avoid accidentally playing content from outside of the Anti-Bullying Alliance.
- Make sure you know your Anti-Bullying Policy details and are able to share with children what they should do if they are worried about anything or worried about bullying both on and offline.

INTRODUCTION TO THE TOPIC - 5 mins

Ask the group to brain storm the ways they use the internet at the moment. For example they might say they watch videos on YouTube, look on different sites for homework and some might be on social media sites already even though they are under the age of 13.

Whilst the minimum age of most the popular social media sites is over 13, we know children do not always follow this. Having an open discussion where pupils will not be in trouble but rather advised is important to ensuring you are able to keep open channels of communication.

Say that today you will be talking about Stop Speak Support Day as part of Anti-Bullying Week. If anyone is worried about bullying or cyberbullying they should tell an adult they trust.

WHAT IS CYBERBULLYING? - 20 mins

Ask the group if they know what cyber bullying is and to give examples — this will help to gauge the level of knowledge in the classroom.

Distribute handout 1 'Is it cyberbullying?'. Read together the definition of bullying and the definition of the imbalance of power.

There are four scenarios on the handout. Ask the pupils to go through and decide if they are cyberbullying, not cyberbullying or if you need more information. **For all the answers you probably need more information. However there are some indicators written below.**

SCENARIO	ANSWERS	DETAILS
1. Jamie has created and posted a meme of Ava that is unkind about her appearance. She said to Jamie it has upset her but he has shared it on Facebook and Instagram and other people have started to share it.	Cyberbullying – as it has all the elements	- Repetitive? Yes, as shared on lots of sites - Intentional? Yes because it's not nice and Ava has said it's upset her - Hurtful? Yes because Ava has said it's hurtful and it's an unkind meme - Power imbalance? Yes, because Ava has said it upsets her but he hasn't stopped.

SCENARIO	ANSWERS	DETAILS
2. Grace and Faiza have had an argument and Grace is refusing to talk to Faiza on What's App.	More information – as it doesn't have all the elements but it does have some	• Repetitive? Possibly not as doesn't seem like it's been going on for very long • Intentional? Yes probably • Hurtful? Potentially if Faiza has tried to talk to her a lot • Power imbalance? Probably not as they seem to be having a falling out
3. When Lewis posts a video of himself singing on Musical.ly a few of followers have posted mean comments about it and have started imitating him when they see him at school.	Cyberbullying – as it has all the elements	• Repetitive? Yes, more than one comment and started happening in school • Intentional? Yes • Hurtful? Yes, the comments were unkind • Power imbalance? Yes, because there are lots of them
4. Ade has posted a picture of him and Thomas from a gig they went to together and Thomas doesn't like the photo. He hasn't told Ade and Ade keeps sharing it.	Not cyberbullying – as it doesn't sound like it is intentional and Thomas hasn't told Ade he doesn't like it	• Repetitive? Yes, as he keeps sharing it • Intentional? No, Ade doesn't know Thomas doesn't like it • Hurtful? Possibly, if Thomas really doesn't like it • Power imbalance? No

BYSTANDER OR UPSTANDER?   - 15 mins 🕐

Discuss as a group what a bystander is and how someone could become an upstander:

Bystander

Someone who is around, not involved in bullying but knows it's going on and / or sees it happening.

Upstander

Someone who helps the person being bullied. This might be by reporting it to the teacher, asking if they're alright after the incident or, if it's safe and won't escalate the situation, saying they don't think it should be happening.

Ask whether there are bystanders and upstanders online? For example, in the comments sections of YouTube videos or on Twitter comments etc.

Distribute the handout 2 - Bystander vs. Upstander

Ask them to fill in the scenarios on the handout and decide if they are 'bystander' or 'upstander' scenarios. You could read out the scenarios and ask the group to physically move from one side of the room to the other. Take turns asking the students to explain why they chose the one or the other.

You can see the answers below but wait until later to talk about solutions for the ones that were not upstanders.

SCENARIO	BYSTANDER OR UPSTANDER?
Janine is gaming and hears someone one day telling another person to 'go kill themselves'. This happens every time the person logs on. She just signs off when he signs on.	**Bystander** **How to make them an upstander:** It's probably a good thing not to interact with the person saying it in that scenario and instead important to report it via the platform report button. Also worth checking in with the person who it was aimed at and seeing if they are ok. Speak to an adult you trust if you are worried.
Alfie posts a mean picture of Tom on Instagram. Lots of people like the picture and are posting mean comments underneath it. **Sami** sees this and reports it to Instagram.	**Upstander**
Freddie sees that Isaac has been subjected to lots of tweets all making 'jokes' about the way he answered a question at school. **Freddie** sends Isaac a message to say that she thinks he's great and to ask if he's ok.	**Upstander**

SCENARIO	BYSTANDER OR UPSTANDER?
Joe's friends tell him they are sending mean emails to Kayleigh on the school email system. **Joe** reports this to Kayleigh's form teacher.	Upstander
Simrin is hanging out with his friends after school and they start sending nasty WhatsApp messages to one of his classmates. **Simrin** doesn't feel comfortable about it but he doesn't say anything.	Bystander **How to make them an upstander: :** Simrin talks to an adult he trusts, like a teacher at school, he checks in with his classmate to see if he's ok, he says to his friends he doesn't like those messages and thinks they are hurtful.

THE STOP SPEAK SUPPORT CODE - 25 mins 🕐

Distribute Handout 3 - the Stop Speak Support Code

The code has three main messages:

1. **Stop**
2. **Speak**
3. **Support**

Split the group into groups. On the handouts there are three case studies. Ask them to develop their **Stop, Speak, Support strategy** which follow the code advice [see page 5 for the code].

Give them 15 minutes to write down their suggestions. Then ask each group to share their strategy with the rest of the class.

1. Kiara

Kiara has posted a video on YouTube of her reviewing her favourite artist's new album. Instead of getting lots of likes she's been getting lots of dislikes and people have started writing horrible comments on the video. Someone has also created a replica video mimicking her in a hurtful way. Kiara has asked people to stop it but it just seems to be getting worse.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers.

2. Iqbal and Grace

Iqbal and Grace love gaming they speak to each other all the time whilst playing the games and have recently started making friends online whilst gaming. However, there seems to be one or two people playing the games that have started targeting them and killing their avatars every time they play the game. They've also started threatening them over the speaker system.

If you heard this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers

3. Brook

Brook has been experiencing bullying at school. She has recently found out that someone has created a fake Facebook profile of her and they have started posting some offensive photos of Brook and started spreading rumours about Brook that are pretty mean.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers.

CAN WE MAKE A BETTER INTERNET FOR EVERYONE?

15 - 60 mins 🕐 depending on activity choices

▶ **Show them the Stop Speak Support campaign film**

⬇ **Download HERE**

Questions:

- What do they think is the message in the film?
- Do they think we can encourage people to choose respect online?
- What are the things that will stop us from creating a better internet for everyone?
- What are the messages that will encourage people to make the internet a better place?

The words in this film were written by young people in the form of beat poetry. Distribute the poem words in Handout 4 — Stop Speak Support Poem.

There are a number of activities that could be built around this poem:

- Pupils perform the poem to other pupils in an assembly
- Pupils write their own form of beat poetry about cyberbullying and encouraging young people to choose respect online and follow the Stop Speak Support code
- Pupils record their own version of the poem or a poem they've written and develop a film to share on social media
- Pupils create their own poster messages of the poem
- Pupils come up with their own whole–school strategy to get all pupils to choose respect online and follow the Stop Speak Support Code

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OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2018

1. Download the Anti-Bullying Week Secondary School Toolkit.

2. On Monday of Anti-Bullying Week we hold Odd Socks Day where we ask schools and organisations to wear odd socks to school to celebrate what makes us all unique.

3. Sign up to be a supporter of Anti-Bullying Week online where you can download a certificate for your school to display.

4. Display the Anti-Bullying Week Poster up around school.

5. You are able to purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our online shop.

6. You can share our top anti-bullying tips for parents, pupils and teachers amongst your school.

7. We have free CPD anti-bullying online training available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so don't delay — complete today!

8. Anti-Bullying Week isn't government funded so we need to raise funds to run it each year. If you are able to fundraise for us or any of our member charities during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to fundraise for us in Anti-Bullying Week here.

9. Review your anti-bullying policy as a school. We have some handy tips to help with developing your anti-bullying policy. Anti-Bullying Week is a great opportunity to review you policy as a school.

10. We've worked with Diana Award to develop some tips for schools about how to involve pupils in planning and delivering Anti-Bullying Week. Take a look.

OTHER USEFUL RESOURCES

Below is a list of other cyberbullying resources from across the anti-bullying sector that you may wish to share. It is not exhaustive but hopefully gives you an idea of all the amazing resources and support out there to help you continue bringing your ideas to life!

- **Anti-Bullying Alliance** - cyberbullying information and tools. https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/cyberbullying-0

- **Anti-Bullying Alliance** - free CPD Online training (including a module on cyberbullying) https://www.anti-bullyingalliance.org.uk/tools-information/schools-and-teachers/free-cpd-online-training

- **Bullying UK** - cyberbullying information https://www.bullying.co.uk/cyberbullying/

- **Childline** - cyberbullying pages https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/online-bullying/

- **Childnet International** - cyberbullying guidance for schools https://www.childnet.com/resources/cyberbullying-guidance-for-schools

- **Childnet International** - resources for teachers and professionals https://www.childnet.com/teachers-and-professionals

- **Department for Education** - preventing bullying guidance https://www.gov.uk/government/publications/preventing-and-tackling-bullying

- **Diana Award** - (Anti-Bullying Pro) resources https://www.thinkuknow.co.uk/professionals/

- **Internet Matters** - Information for parents and carers about cyberbullying https://www.internetmatters.org/issues/cyberbullying/

- **Kidscape** - cyberbullying resources https://www.kidscape.org.uk/cyberbullying/

- **NSPCC** - bullying and cyberbullying resources https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/

- **South West Grid for Learning**
  https://swgfl.org.uk/

- **Think U Know** - supporting schools to deliver education and raise awareness of online child exploitation and abuse
  https://www.thinkuknow.co.uk/professionals/

- **UK Council for Child Internet Safety (UKCCIS)**
  https://www.gov.uk/government/groups/uk-council-for-child-internet-safety-ukccis

- **UK Safer Internet Centre** - where you can find e-safety tips, advice and resources to help children and young people stay safe online
  https://www.saferinternet.org.uk/

- **UK Safer Internet Centre** - Professionals Online Safety Helpline (POSH)
  https://www.saferinternet.org.uk/professionals-online-safety-helpline

ANTI-BULLYING ALLIANCE

The Anti-Bullying Alliance is a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

[Anti-Bullying Alliance]

The ABA has three main areas of work:

1. Supporting learning and sharing best practice through membership;

2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns;

3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives;

We provide expertise in relation to all forms of bullying between children and young people. The Anti-Bullying Alliance was established by the **NSPCC** and the **National Children's Bureau** in 2002 and is hosted by the National Children's Bureau.

THE ROYAL FOUNDATION TASKFORCE ON THE PREVENTION OF CYBERBULLYING

THE ROYAL FOUNDATION
of The Duke and Duchess of Cambridge
and The Duke and Duchess of Sussex

In response to an increase in tragic consequences resulting from cyberbullying, The Duke of Cambridge brought together leading tech companies, NGOs and independent advisers in a Taskforce chaired by Brent Hoberman CBE, to tackle this critical issue.

ABOUT

The Taskforce's Action Plan was launched during Anti-Bullying Week in November 2017 and includes safety guidelines to ensure children and young people are kept safe on social media and gaming platforms, alongside a commitment to improve the awareness and understanding of the issue amongst children, parents and other influential adults. The Taskforce is also piloting the provision of emotional support at the point of reporting content within Facebook and Snapchat.

PARTNERS

The Taskforce is chaired by Brent Hoberman CBE and consists of the following charities and industry partners:

- **The Anti-Bullying Alliance**
- **Apple**
- **BBC**
- **BT**
- **The Diana Award**
- **EE**
- **Facebook**
- **Google**
- **Internet Matters**
- **NSPCC**
- **O2**
- **Sky**
- **Snap**
- **Supercell**
- **TalkTalk**
- **Three**
- **Twitter**
- **Vodafone**
- **Virgin Media**

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