

# **Bell's Brae Primary School**

## **Anti Bullying Programme**

**March 2004**

## PRIMARY 1 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<b>PERSONAL AND SOCIAL DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul>	<p>The same but different stories – RME books (see RME guidelines)</p> <p>Praise – verbal - stickers on work – written positive comments</p> <p>Children go messages in the school</p>	<p><b>What’s the Score on bullying – years 0 – 3</b></p> <p><b>RME books</b></p>
<b>HEALTH EDUCATION (LEVEL A)</b>	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Recognise their own feelings about themselves and towards others</li> <li>• Show an awareness of caring and sharing</li> <li>• Show how they respect and care for themselves and others</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>• Show simple ways of getting help</li> <li>• Show simple ways of avoiding incidents</li> </ul>	<p>Getting themselves ready for PE and Art</p> <p>Using the toilet properly (flushing the toilet)</p> <p>Link to the Golden Rules</p> <p>Tell auxiliaries – tell an adult</p> <p>Sit on chairs properly</p> <p>No running; queuing</p>	<p><b>Golden Rules</b></p>

## PRIMARY 2 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<p><b>PERSONAL AND SOCIAL DEVELOPMENT</b></p>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul>	<p>Try to fit into topics – <b><u>birthdays</u></b>, brothers, sisters, family</p> <p>Golden rules – yellow and red cards</p> <p>Being in a new class, new friends, new teacher; Where do you sit? What group are you in?</p>	<p><b>What's the Score on bullying – years 0 – 3</b></p>
<p><b>HEALTH EDUCATION (LEVEL A)</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Recognise their own feelings about themselves and towards others</li> <li>• Show an awareness of caring and sharing</li> <li>• Show how they respect and care for themselves and others</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>• Show simple ways of getting help</li> <li>• Show simple ways of avoiding incidents</li> </ul>	<p><b><u>Growing</u></b> – looking after each other</p> <p>Finishing work – where to put it, what to do next, use of task board</p> <p><b><u>Plants, growing</u></b></p> <p><b><u>People who help us</u></b></p> <p>Dial 999</p> <p>What to do if your teacher is ill</p> <p>Encourage movement around school on errands</p> <p>Playground – walking to school – lollipop lady</p> <p>Laces, school bags</p>	<p><b>Project boxes</b></p>

## PRIMARY 3 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<p><b>PERSONAL AND SOCIAL DEVELOPMENT</b></p> <p><b>HEALTH EDUCATION (LEVEL A)</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul> <p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Recognise their own feelings about themselves and towards others</li> <li>• Show an awareness of caring and sharing</li> <li>• Show how they respect and care for themselves and others</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>• Show simple ways of getting help</li> <li>• Show simple ways of avoiding incidents</li> </ul>	<p><b><u>We are all different</u></b>  Discussions with partner  What do they like to do?  What are their interests?  What do they watch on television?  Reporting back to the class – talking about their partner  Work relating to Environmental Studies <b><u>Senses</u></b> project</p> <p><b><u>Acts of Kindness</u></b>  Listening to others  Co-operating with others using manners  Being a good friend  How can we help?</p> <p><b><u>Everyone should feel safe</u></b>  How can this be achieved?  Work related to <b><u>Lerwick</u></b> project.</p>	<p><b>“Bullying – identify, cope, prevent” (Lower) published by Prim Ed</b></p> <p><b>Class project boxes</b></p>

## PRIMARY 4 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<b>PERSONAL AND SOCIAL DEVELOPMENT</b>  <b>HEALTH EDUCATION LEVEL B</b>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul> <p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Recognise a range of feelings they, and other people, experience at different times</li> <li>• Communicate with others through a developing vocabulary relating to emotions and feelings</li> <li>• Recognise the value of friendships</li> </ul> <p><b>Social</b></p> <ul style="list-style-type: none"> <li>• Identify ways in which they can keep their environment clean, safe and healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion – group/class</li> <li>• Relevant worksheets from pack</li> <li>• Circle time</li> </ul> <ul style="list-style-type: none"> <li>• Watch video and discuss (class/group) Example of a girl with glasses being bullied – how would you feel?</li> <li>• What makes a good friend?</li> <li>• Circle time</li> </ul> <p>Watch programme 1 – vandals</p> <ul style="list-style-type: none"> <li>• Discussion – class/group</li> <li>• Circle time</li> </ul>	<p><b>Rosie’s World</b></p> <ul style="list-style-type: none"> <li>• <b>Video</b></li> <li>• <b>Worksheets</b></li> <li>• <b>Books (stories)</b></li> </ul> <p><b>Rosie’s World</b></p> <ul style="list-style-type: none"> <li>• <b>Video</b></li> <li>• <b>Worksheets</b></li> </ul> <p><b>What should I do?</b> <b>Channel 4 Learning video</b></p>

## PRIMARY 5 ANTI BULLYING PROGRAMME

<b>Curricular area</b>	<b>Key features/strands</b>	<b>Learning activities</b>	<b>Resources</b>
<p><b>PERSONAL AND SOCIAL DEVELOPMENT</b></p>       <p><b>HEALTH EDUCATION LEVEL C</b></p>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul> <p><b>Emotional (C)</b></p> <ul style="list-style-type: none"> <li>• Use personal and interpersonal skills to relate to other people</li> <li>• Show ways of making and keeping friends</li> <li>• Recognise how circumstances can change emotions</li> <li>• Show safe ways of dealing with a range of situations, particularly those that may present risk</li> </ul>	<p><b>What is bullying? p2 – 11</b></p> <ul style="list-style-type: none"> <li>• Definition of the term “bullying”</li> <li>• Types of bullying</li> <li>• How the victim and the person bullying feel</li> <li>• Who gets bullied?</li> <li>• Where does bullying happen?</li> </ul> <p><b>Why do people bully? p12 - 23</b></p> <ul style="list-style-type: none"> <li>• Identifying some reasons why people may bully</li> <li>• Recognising that people who bully may be hiding how they really feel</li> <li>• Peer pressure</li> <li>• Pupils identify situations that make them angry</li> <li>• Pupils consider how they feel when they are angry</li> <li>• Pupils suggest things they can do to control their anger</li> </ul>	<p><b>“Bullying – Middle ” published by Prim Ed p1 - 23</b></p> <p><b>Worksheets from book</b></p> <p><b>Pack of 4 posters from Prim Ed</b></p> <p><b>Googlebox video “Beat the Bully”</b></p>

## PRIMARY 6 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<p><b>PERSONAL AND SOCIAL DEVELOPMENT</b></p> <p><b>HEALTH EDUCATION LEVEL C</b></p>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul> <p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Use personal and interpersonal skills to relate to other people</li> <li>• Show ways of making and keeping friends</li> <li>• Recognise how circumstances can change emotions</li> <li>• Show safe ways of dealing with a range of situations, particularly those that may present risk</li> </ul>	<p>1 Discuss pupils perception of bullying – their own understanding Questionnaire from “Bullying” book</p> <p>2 Watch video</p> <p>3 Follow up discussion</p> <p>Select 1 or 2 topics from “How does bullying make you feel?” section from “Bullying” book (p24 – 33)</p> <p>Select 3 or 4 topics from “What can you do?” section from “Bullying” Book (p34 – 53)</p>	<p><b>“Bullying – Middle” published by Prim Ed</b></p> <p><b>p 24 to end</b></p> <p><b>Pack of 4 posters from Prim Ed</b></p> <p><b>Good Health video</b></p> <p><b>“No bullying here”</b></p>

## PRIMARY 7 ANTI BULLYING PROGRAMME

Curricular area	Key features/strands	Learning activities	Resources
<p><b>PERSONAL AND SOCIAL DEVELOPMENT</b></p> <p><b>HEALTH EDUCATION LEVEL</b></p>	<ul style="list-style-type: none"> <li>• Self awareness</li> <li>• Self esteem</li> <li>• Inter-personal relationships</li> <li>• Independence and inter-dependence</li> </ul> <p><b>Emotional (D)</b></p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of their emotional needs and strengths</li> <li>• Recognise ways behaviour can influence people's relationships</li> <li>• Recognise peer influences can affect choices they make</li> </ul> <p><b>Emotional (E)</b></p> <ul style="list-style-type: none"> <li>• Demonstrate responsible strategies to deal with a range of situations and emotions in relationships</li> <li>• Show ways in which they can seek help and advice</li> </ul> <p><b>Social (D)</b></p> <ul style="list-style-type: none"> <li>• Recognise issues of discrimination and the right to equal opportunity for all members of the community</li> </ul>		<p><b>“Bullying – Upper” published by Prim Ed</b></p> <p><b>Pack of 4 posters from Prim Ed</b></p> <p><b>Chain Letter Diaries</b></p>