



Anti-Bullying Lesson Plan 2 (KS2)
An Upstanding Promise

Lesson Plan 2 – An Upstanding Promise (KS2)

Students Will...

- ★ Gain understanding of our individual and collective responsibility to stop bullying.
- ★ Identify characteristics of bullying.
- ★ Identify the characteristics and behaviours that can stop bullying.
- ★ Create an Upstander Footprint.

Resource List:

- ✓ Felt Pens
- ✓ A4 Paper or Friendship Footprint Outline (One Per Student)
- ✓ Glue and Decorations (Optional)

Teaching the Lesson...

Introduction – 15 minutes.

Start with a discussion about what the students have learnt from taking part in the OpenView Education Anti-Bullying show or workshops.

Write 'Upstander' on the board, ask your students...

'What is an Upstander?'

'What actions does an Upstander take to stop bullying?'

They can relate this to what they have seen in the workshops and show. Create a Mind Map of their ideas.

To expand the discussion further ask why these actions are helpful in stopping bullying from happening. They may suggest ideas such as, 'The bully being outnumbered.' Or, 'The victim felt supported and stronger.'

Lead your students to identify the characteristics of an Upstander. These could be things such as:

- ★ Brave
- ★ Friendly
- ★ Supportive
- ★ Caring
- ★ Strong

Ask them 'Who can become an Upstander?' then explain that...

'Anyone has the ability to become an Upstander. Being an Upstander is doing something to try and stop bullying.'

Activity 2 – Upstander Footprints – 20 minutes

Explain to your class that they will be creating their very own Upstander Footprint and these will be used to create a wall display.

Explain that they will all make an 'Upstander Promise' and write this onto the Upstander Footprint.

Revisit your Upstander Mind Map and make sure you have a good selection of different behaviours and characteristics written clearly on the board.

Give students an example of what they could write such as:

'I promise to help other students if they need help.' or
'I promise to be kind and speak up about bullying.'

Leading the Activity...

1. Give each student an A4 piece of paper.
2. Lead the students in drawing an outline of their foot onto the paper. Students will need to place their foot on the paper, so they will need to take off one of their shoes to do this.

This can be a fun part of the activity, but if you are concerned about behaviour management with getting the students to take their shoes on and off, please use the Upstander Foot Outline provided.

3. Once all students have their Upstander Footprints. Have the students write an action, behaviour and a characteristic on their Upstander Footprint. Then allow your students to decorate their paper foot, but explain the promise must still be easy to read. This can be done with felt pens, or if you are feeling more adventurous allow your students to stick decorations on with glue.
4. Collect in the paper feet and use them to create an Anti-Bullying wall display along with any pictures you have taken during the OpenView Education workshops and shows.

Extension Activity 3 (Years 4, 5 & 6) – Repeat Role-Play Scenarios

Start with a discussion about what your students learnt taking part in the role-play scenarios during the OpenView Education Anti-Bullying Workshop.

Talk about each of the role-play situations shown in the workshop. These were:

- ★ Philip has his bag taken by another student.
- ★ Philip is teased in the classroom by another student.
- ★ Philip is pushed to the ground by a group of three students.
- ★ Philip goes to speak to a teacher about what has been happening, two students accompany him and offer support.

Ask your students:

'What was challenging about these situations?' and 'What would you do if you saw these situations taking place?'

There is an opportunity here to repeat some of the role-play situations from the workshop.

As your students are acting out the role-play situations, you can guide them through by giving them lines to say if they can't think of anything.

After each role-play situation, reflect, and ask the students who were watching what they thought worked well.

Extension Activity 4 (Years 5 & 6) – Create a Presentation for Lower Year Groups

In this activity your entire class can create a presentation they can deliver in assembly or to selected classes from lower year groups.

The purpose of the activity is for the Year 5 and 6 students to gain a sense of responsibility towards their own behaviour and seeing themselves as a role-model for younger students in their school. It is important to communicate to your class that...

'Because you're in Year 5/6 now you have the power to improve behaviour in the school for everyone. You can help to stop bullying at this school for everyone in your class but also for all the students who are younger than you.'

Introduce the activity by asking the class how they think students in their school should behave towards each other. They may identify ideas such as...

- ★ Being polite.
- ★ Being kind and helpful.

Once ideas have been suggested, lead your students to expand on these ideas by asking questions such as...

'How can someone be polite? Can you give me an example?'

As your students suggest ideas create a Mind Map on the board. At the centre of the Mind Map you can write 'Brilliant Behaviour at (*Your School Name*).' Then write down your students' suggestions making any needed changes as you go.

Go through all the suggestions on the board. Explain that we can help the rest of the school to behave in this way. Ask...

'What can we do to help the rest of the school behave like this?'

Suggest the idea of setting an example by your students taking on these behaviours themselves. Make the point that sometimes younger people copy what older people do.

Your students may also suggest that we can speak to a teacher if we see someone behaving in a way they shouldn't.

Explain to your students that they will be creating a presentation that communicates how they think students should behave in their school and what the positive impact of these behaviours would be.

The purpose of the presentation is also to communicate to younger year groups that they are willing to help and support younger students if they need help with bullying.

For example one Year 6 group wrote...

'We care about our school being a safe and fun place for everyone. So if you feel worried or scared about bullying, you can talk to one of us, we will help to speak to a teacher about it.'

Conclusion

To conclude this lesson have your students share their Upstanding Promises with the rest of the class.

If you completed the extension task for Years 5 and 6, you can let your class know when and where they will be doing their presentation and who they will do the presentation for.

Finish with some questions to recap the lesson content:

- ★ 'What is an Upstander like?'
- ★ 'What behaviours make someone an Upstander?'
- ★ 'Who can be an Upstander?'

Great job!

We hope you and your students enjoyed these lessons.

We'd love to hear what you thought:



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Upstander Footprint

