

### Where and when:

**Date:** Monday, 15 November 2021

**Time:** 11:00am

**Duration:** 30 minutes

**Location:** [bbc.co.uk/livelessons](https://bbc.co.uk/livelessons)



*This programme is available to view from home or school, and no sign-up is required.*

*Simply visit the website on the day and follow the instructions on the page to watch.*

**Curriculum links:** KS2 / 2nd Level Relationships Education, Relationships and Sex Education (RSE)/ Health Education/Personal Development and Mutual Understanding/ Health and Wellbeing for 7-11 year-olds.

- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- The impact of bullying, and responsibilities of bystanders (primarily reporting bullying to an adult and how to get help.
- Understanding that there are people to talk to and a number of ways to gain access to practical and emotional support for help in a range of circumstances.

### Setup:

This Live Lesson will be broadcast live on the CBBC channel and simultaneously on the BBC Teach website at 11:00am.

We will be running a live commentary page on BBC Teach during the live broadcast to reflect contributions from children watching from home and school.

### How much space and equipment is needed?

The lesson can be viewed in a classroom or at home with a device (computer, tablet or mobile phone) linked to a reliable broadband connection, or watched on a television on the CBBC channel.

## **Lesson content:**

This programme covers learning objectives across:

- Key Stage 2 Relationships Education, Relationships and Education (RSE) and Health Education for England;
- Health and Well-being for Key Stage 2 on the National Curriculum for Wales
- 2<sup>nd</sup> Level Sciences on Scotland's Curriculum for Excellence Health and Wellbeing experiences and;
- Key Stage 2 Personal Development and Mutual Understanding on the Northern Ireland Curriculum.

### **Section 1: Introduction to lesson**

The presenters will introduce the lesson. They will ask anyone who is worried about anything to talk to a trusted adult, whether that's a teacher, family member or guardian. They will then think about different types of bullying and children will watch a short film about kids explaining their definitions of bullying.

At this point, you may want to remind your pupils about how to report bullying or anything they are worried about in school.

### **Section 2: A scenario to highlight what bullying might look like**

The presenters will talk about four words (repetition, hurt, power, intention) that can describe what bullying is. This will then lead to a group of young actors who will show what a bullying scene may look like. We will be encouraging pupils watching to think about how the bullying scene makes them feel. Children will then watch a video about things we can do as bystanders.

### **Section 3: Scenario continues**

The presenters will highlight the [BBC Own It](#) resources available for support and advice. The scenario continues, with emphasis on what was learned in the bystanders video. Once it ends, some of the anti-bullying posters sent in to us from schools will be shown. You may wish to ask your pupils to design their own anti-bullying posters in advance of the lesson using [this template](#). Then send them to us at [live.lessons@bbc.co.uk](mailto:live.lessons@bbc.co.uk)

### **Section 4: Five things you can do right now and Andy and the Odd Socks**

A video will be shown to highlight things children can do if they're being bullied. Reference will again be made to BBC Own It resources for help and support. CBBC/CBeebies star Andy Day from the band Odd Socks will talk about Anti-Bullying Week and how he is supporting it and why the issue is important to the band. He'll also talk about the main themes for this year's Anti-Bullying Week. Andy will then take part in a quiz about what people can do if they are being bullied online.

### **Section 5: One Kind Word and a musical performance!**

A video about [Anti-Bullying Week](#) from our Live Lesson partners the Anti-Bullying Alliance will be shown. It will talk about this year's theme 'One Kind Word'. Before the lesson ends, the presenters will summarise what has been learned in the lesson, as well as re-iterating the importance of talking to a trusted adult about any issues or problems. The lesson will end with a special musical performance from Andy and the Odd Socks!

## What to do if you think one of your pupils may be being bullied

As the adult delivering the session:

- Consider any students who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session;
- be aware of any changes in student behaviour during the session as this may highlight a bullying-related issue; and
- ensure students do not disclose personal information or specific incidents during the session but remind them an adult in school will be available to talk to them afterwards.

During the session, make sure students are taught:

- How to report bullying;
- the language to talk to a trusted adult about their experiences and feelings;
- when and how to ask for help and make sure they are listened to;
- that there are people who care and can help if they are struggling with a bullying-related issue; and
- the school's anti-bullying policy.

### Contact us:

If your child or pupils are planning on watching the Live Lesson in school or at home, let us know. Email us with your school name or names of your children to [live.lessons@bbc.co.uk](mailto:live.lessons@bbc.co.uk), or get in touch using the hashtag **#bbclivelessons** and they could be featured on our live commentary page.

*If you are sending in any images or videos that feature children, please ensure that you have parental or guardian permission, as they may be shown on our website. Please be aware that the BBC may ask you to demonstrate that you have received verifiable parental consent. In the email, please confirm your official relationship to the child/children featured, e.g. teacher, Brownie group leader, sports coach etc. and confirm that you have sought prior parental consent. Please also ensure the material is not sensitive or controversial. Read our terms and conditions at [bbc.co.uk/usingthebbc](http://bbc.co.uk/usingthebbc) for more information.*