

Where and when:

Date: Monday, 10 November 2025

Duration: 30 minutes

Location: bbc.co.uk/livelessons and BBC iPlayer

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 for 7–11-year-olds:**

National Curriculum, England - Key Stage 2 – Citizenship, PSHE and Relationships (*Managing hurtful behaviour and bullying, Respecting self and others*)

Northern Ireland Curriculum: Primary – Key Stage 1 and 2 – Personal Development and Mutual Understanding (*Personal understanding and health, Relationships with Family, Friends and at school*)

Scotland Curriculum for Excellence – 1st and 2nd Level – Health and Wellbeing (*Healthy relationships are fundamental to our wellbeing*)

Curriculum for Wales - Progression steps 2 and 3 – Health and Wellbeing (*Mental, emotional, social and physical wellbeing, Social wellbeing*)

Key learning objectives:

- Develop an understanding of what bullying is, including the individual roles involved and the concept of power imbalance in relationships.
- To feel empowered in speaking out and supporting others, using personal power positively and responsibly.
- Explore and interrogate the common myths that stop children from intervening when they witness bullying.
- To be confident that telling a trusted adult about *any* worries or concerns is one of the best ways to help stop bullying.

Setup:

This Live Lesson can be watched on Monday 10 November 2025 from 09:00 on the [Live Lessons website](https://bbc.co.uk/livelessons) and at 11:00 on the CBBC channel. It will remain online and on BBC iPlayer to be used as a teaching resource whenever you need it. We will be running a live commentary page during the broadcast for teachers, parents and carers to share contributions from children watching at home and at school.

New resources for 2025/2026

- **Mission Pack:** A collection of challenges children can do during each lesson. The pack can be printed easily and folded into a booklet format using two sheets of A4 paper. Digital versions of the pack are also provided, or children can use their own paper/notebooks.
- **Mission Poster:** During each lesson, an artist will capture the main learning points in a poster. This will be available to download from the [Live Lessons website](#) after the lesson for learners to use as a visual reminder.
- **Live Lessons Song:** This lesson will include a catchy anti-bullying song highlighting the different types of bullying and the different roles people play in a bullying situation.

Lesson content

This curriculum-linked Live Lesson, aimed at 7–11 year olds, is inspired by the official theme of Anti-Bullying Week 2025; ‘Power for Good’, helping children to be respectful and supportive of others.

Children will go on a mission to collect 3 ‘power tokens’ by completing challenges that explore:

- what bullying looks like
- how bullying can make people feel
- the actions to take if you see bullying happening.

Anti-Bullying Week 2025 takes place from Monday, 10 November to Friday, 14 November. The lesson is created in partnership with the event coordinator, the Anti-Bullying Alliance.

Anti-Bullying Week is an annual UK event which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing bullying and responding to it. For more details, visit the [Anti-Bullying Alliance website](#).

Challenge 1: Crack the code

Key learning objective: Pupils should develop an understanding of what bullying is, including the individual roles involved and the concept of power imbalance in relationships.

In section 1 we explore what bullying is and a catchy song will help children remember the different roles involved in bullying – **ringleader**, **target**, **assistant**, **reinforcer**, **bystander**, and **upstander**.

- For challenge 1, pupils are presented with a wordsearch and a list of words to find. Each word is something that’s important to remember when you think someone might be being bullied.
- Once pupils have found and highlighted all the words, they will be left with letters that can be arranged to spell a code word – ‘kindness’ – a power that can be used when trying to stop bullying.

Challenge 2: Put the power in your hands

Key learning objective: Pupils should feel empowered in speaking out and supporting others, using personal power positively and responsibly.

This section explores what having power means from a child's perspective, and how to use it safely and positively.

- For challenge 2, pupils draw around their hand (or use the Mission Pack template) and write one power on each finger – such as courage, speaking up, helping others and kindness.

Challenge 3: Truth or myth?

Key learning objective: Arm children with the practical knowledge on how to bust bullying myths and give them the confidence to speak out safely and support someone being bullied.

This section explores how myths around bullying can stop people from speaking up. Pupils will learn to identify and challenge common myths that prevent children from intervening when they witness bullying. They'll also learn about online bullying, which can be harder to spot, but where the same truth-versus-myth thinking can help them respond safely.

- To complete challenge 3, pupils are given a list of statements about bullying. They must decide if each statement is the truth or a myth.
- As an extension activity, pupils can create their own statements, using the key learnings from across the lesson, then ask each other if they think they are truths or myths.

Final Challenge: Create your own anti-bullying pledge badge

To be completed after the lesson. Children use the lesson learnings to create an individual, classroom, or school anti-bullying pledge badge – with a promise to be a force for good and to help stop bullying in a safe way.

Mission Pack

Download the Mission Pack before the Live Lesson - three versions are available, so choose the one that best suits your needs. Pupils can still take part without it, as all instructions will appear on screen. We recommend having a notebook and pen or pencil ready.

- [Digital pack](#)
Designed to be opened and edited using a tablet. Pupils will be able to type in text boxes and use the pen tool to draw.

- **[Printable booklet](#)**

To be printed double-sided on 2 sheets of A4 paper. Fold in half to create a A5 booklet. Pages are numbered and should run from 1 to 8 when one sheet is placed inside the other. This version is designed to support black-and-white printing.

- **[Printable A4 sheets](#)**

This version is the best option if there is no double-sided printing capacity and is designed to support black-and-white printing.

If your students need support:

Across Bitesize, we advise young people that they should always tell someone about the things they're worried about. They could tell a friend, parent, guardian, teacher, or another adult they trust. If they're struggling with their mental health, going to a GP can be a good place to find help. A GP can outline the support available, suggest different types of treatment and offer regular check-ups.

If young people are in need of urgent support there are links to helpful organisations on the [BBC Bitesize Action Line page](#).

Guidance for teachers from the Anti-Bullying Alliance:

Whilst we try to make Anti-Bullying Week a celebratory event and a chance to raise awareness of bullying, for some pupils, particularly those that might be being bullied or those bullying, Anti-Bullying Week can be hard. Therefore, it's important to consider this during planning to ensure all lessons and activities are delivered sensitively.

As the adult delivering the session:

- Read through the contents of these resources, mission packs and videos to ensure they are suitable for your school e.g., should they be adapted for some of your pupils?
- Consider any pupils who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session.
- Be aware of any changes in pupil behaviour during the session as this may highlight a bullying-related issue.
- Try to avoid pupils from disclosing personal information or specific incidents during the session but remind them a trusted adult in school will be available to talk to them afterwards.

During the session, make sure pupils are taught:

- How to report bullying or anything they are worried about.
- That there are people who care and can help if they are struggling with a bullying related issue.
- Where to find their school's Anti-Bullying Policy.