

Where and when:

Date: Monday, 13 November 2023

Time: 11:00

Duration: 30 minutes

Location: 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. Subtitles will also be available.

Curriculum links:

(Ages 7-11) KS2 citizenship, PSHE and Relationships Education / KS1 & KS2 Personal Understanding & Health / First to Fourth Level Health & Wellbeing / Health & Well-being, progression steps 1 -4.

Key Stage 2 (Ages 7-11) / 1st and 2nd Level:

- Understanding different types of bullying and the impact of bullying.
- Notice and communicate feelings and how to manage them.
- Preparing to play an active role as citizens and developing good relationships and respecting the differences between people.
- Learn the responsibilities of bystanders and how to ask for help when needed.
- Understand that there are people to reach out to and that there are a number of ways to gain access to practical and emotional support to help in a range of circumstances.
- Develop an understanding of change over time, the consequences of specific events and how the past has affected the present.

Setup:

This Live Lesson will broadcast on the CBBC channel and simultaneously on the BBC Teach website at 11:00 on Monday, 13 November 2023. It will remain online afterwards to be used as a teaching resource whenever you need it.

We will be running a live commentary page on BBC Teach during the broadcast to share 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. We will ask children to get involved in activities throughout the lesson and have provided downloadable [activity sheets](#) to help guide them through this.

You may wish to hand these out in advance, along with stationery such as pens and pencils. Pupils will still be able to follow the activities if they don't have printed activity sheets to hand.

Lesson content:

Working in partnership with The Anti-Bullying Alliance, this programme is designed to engage primary learners from ages 7 to 11.

This programme covers learning objectives across:

- England: KS2 Citizenship, PSHE and Relationships Education
- Northern Ireland: KS1 & KS2 Personal Understanding and Health
- Scotland: First to Fourth Level, Health and Wellbeing
- Wales: Health and Well-being, Progression Steps 1-4

Section 1- Introduction:

From the Albert Hall in Manchester, Katie Thistleton and Talisha 'Tee Cee' Johnson introduce the theme of this year's Anti-Bullying Week Live Lesson: **Make A Noise**. During the programme they will be joined by Dr Ronx from Operation Ouch! and a local drama group. They explore how to: spot bullying behaviour; identify the differences between banter and bullying behaviour and how to speak up when they see it.

We kick off the show with a performance by our 'Noiseologists' who will appear throughout collecting sounds to make a special Live Lesson 'Make A Noise' tune at the end.

We then see a Newsround video which shows us how to recognise bullying behaviour.

Section 2 - Recognising bullying behaviour:

Katie introduces our expert, Dr Ronx from Operation Ouch! Together they identify key words to help the audience recognise bullying behaviour and what to do if they see it. They give each of these key words a sound, which will be incorporated into our 'make a noise' tune at the end of the lesson.

A group of talented local performers then act out a scene which shows bullying behaviour. During this performance the audience is asked to fill out Activity Sheet 1; matching up the examples of bullying behaviour with the key words that describe them.

Download activity sheet 1 [here](#).

Section 3 - Bullying behaviour or banter?

Dr Ronx and Katie explain the difference between bullying behaviour and banter. They discuss how to spot when playful banter crosses the line and turns into bullying behaviour.

As a quick challenge, our actors are given different scenarios and have to decide whether they show bullying behaviour or banter.

For activity 2, the audience has one minute to write down different phrases to let someone know their jokes are making people feel uncomfortable.

Download activity sheet 2 [here](#).

Section 4 - Make a noise:

This section explores how to speak up and make a noise about bullying behaviour.

Dr Ronx gives their top tips for speaking out. We then see a video of some famous faces talking about why it's important to make a noise when we see bullying behaviour.

The presenters and Dr Ronx discuss some of the people you can talk to, before linking to activity 3 in which the audience has one minute to write down how it feels to give or get support.

Download activity sheet 3 [here](#).

Section 5 - The 'make a noise' tune:

In the final part of the live lesson, our Noiseologists return and have put together noises from throughout the show to make a special Live Lesson 'Make a Noise' tune!

Our music starts off lonely and sad and gloomy, but then it builds as everyone joins in and turns into something happy and supportive.

Useful links:

- [Anti-Bullying Alliance: Anti-Bullying Week](#)
- [BBC Own It: Anti-Bullying Week](#)
- [CBBC: Anti-Bullying Week](#)

Follow-up activities:

Make your own 'make a noise' tune

Students may wish to create their own 'make a noise' song by recording different sounds in the classroom and putting them together or playing along to the song we created in the Live Lesson. A downloadable version of the song will be available on our website after the programme has broadcast.

A supportive text

Ask students to think about the scene they saw in the Live Lesson where CJ faced some bullying behaviour. Invite children to imagine a text message that CJ's friend Ash might send to encourage and support him. This activity suits working in pairs, to encourage the students to try out wording and discuss ideas. You could prompt the class by asking: 'How does CJ feel? How does Ash feel?', 'What is the most important message for Ash to give?' and 'Who might Ash suggest CJ speaks to?'

Some pairs of students might produce an entire exchange of texts between CJ and Ash to more fully explore the issues raised by the Live Lesson.

Banter or bullying banner

Students could use art materials to make banners or posters to hang in the classroom, that remind everyone of the differences between banter and bullying behaviour discussed in the Live Lesson.

Take a look at the [Anti-Bullying Alliance](#) for more resources on this topic.

Leaves of hope

Ask students to draw a large leaf, big enough to fill their sheet of paper. (Or you could give the children fallen leaves to draw around.)

Inside their leaf, ask the children to draw or write a positive way we can be safe and happy together and avoid situations with bullying behaviour. So a student might draw people playing together and inviting another child to join the game for example, or it might be a message such as 'share a joke' or 'reach out if you're feeling sad', 'tell someone if something's wrong' or 'say a kind word'.

The leaves could form a wall display, a tree of positive thoughts and images.

If your students need support:

You should always tell someone about the things you're worried about. You can tell a friend, parent, guardian, teacher, or another trusted adult. If you're struggling with your mental health, going to your GP can be a good place to start to find help. Your GP can let you know what support is available to you, suggest different types of treatment and offer regular check-ups to see how you're doing.

If you're in need of in-the-moment support you can contact [Childline](#), where you can speak to a counsellor. Their lines are open 24 hours a day, 7 days a week. There are more links to helpful organisations on [BBC Action Line](#).

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, handouts and videos to ensure they are suitable for your school e.g., do you need to consider if case studies need names changing? Or if they should 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 an 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