

### Where and when:

**Date:** Monday, 14 November 2022

**Time:** 11:00

**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:

KS1 & KS2 Citizenship / PSHE & Relationships Education / Early-Fourth Level Health and Wellbeing / Health and Well-being, Progression Steps 1 - 4/ KS1 & KS2 Personal Understanding and Health

- Understanding different types of bullying, the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) 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.
- Notice and communicate feelings and how to manage them. Pay attention to the feelings of others and learn to think about why they may feel that way.
- Preparing to play an active role as citizens and developing good relationships and respecting the differences between people.

### Setup:

This Live Lesson will be broadcast on the CBBC Channel and simultaneously on the BBC Teach website. We will be running a live commentary page on BBC Teach during the broadcast to share contributions from children watching from home and school.

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 be asking children to get involved in activities throughout the lesson and have provided downloadable [activity sheets](#) to help guide them through this.

## Lesson content

This programme covers learning objectives across:

**England:** KS1 & KS2 Citizenship / PSHE & RE

**Scotland:** Early-Fourth Level Health and Wellbeing

**Wales:** Health and Well-being, Progression Steps 1 -4

**Northern Ireland:** KS1 & KS2 Personal Understanding and Health

This programme is designed to engage primary learners from the ages of 7 to 11.

### Section 1 - Introduction:

From the Riverfront Theatre in Newport, the presenters will introduce the theme of this special Anti-Bullying Week Lesson - **Reach out**. With advice from BBC Radio 1's expert Dr Radha Modgil and with the help of a group of talented local performers, they will explore what bullying behaviour is, how to reach out and how to help anyone who reaches out, what it means to be a good ally and how to deal with tricky emotions.

### Section 2 - What is bullying?

The presenters and Dr Radha will start by defining bullying behaviour, with the help of BBC Own It. They will introduce the young performers who will be taking on characters and performing a series of fictional scenarios throughout the programme.

The first scenario will explore the difference between an everyday disagreement and bullying behaviour. The scene opens with the character, Lucas, thinking about signing up for the school talent show. His friend, Tara, offers to help him practice. Ben, another child, discovers that Lucas has picked the same song and confronts him about it.

In the second scenario, when Lucas signs up for the talent show, Ben and Maria tease him about his song choice and threaten to film the performance and humiliate him in front of their friends. Tara comforts Lucas. The presenters discuss the scenarios and conclude that while scenario 1 was just a disagreement, scenario 2 was an example of bullying behaviour and it matches Dr Radha's initial definition.

In activity 1, the presenters ask the audience to think about who they would reach out to if they were experiencing bullying behaviour and fill out each finger of a drawn hand or hand on the activity sheet.

Download activity sheet 1 [here](#).

### Section 3 - What is an ally?

This section explores what it means to be an ally and what we should do if someone reaches out to us. Two of the young performers will explain to the presenters what they think it means to be an ally and check in with Dr Radha.

In our continued scenario, Lucas will confide in his friend Tara. She suggests going to a teacher, but Lucas doesn't want to get anyone involved and asks her not to. The presenters will discuss the situation and,

although he hasn't talked to a trusted adult yet, they agree that Lucas has done the right thing in reaching out and taking a positive first step.

For activity 2, Lucas writes a message to Tara asking her for advice. The audience will be asked to write their own message back to Lucas. The presenters will have a go at writing a response too and check in with Dr Radha to find out how they did.

Download activity sheet 2 [here](#).

This section will end with a conversation about how someone can reach out if they realise they've been mean or unkind, with advice from Dr Radha and BBC Own It.

#### **Section 4 - How to deal with tricky feelings and ways to be kinder:**

In this section, the presenters and children explore how the different characters in our fictional scenario might be feeling. Using a feelings jar, they will assign a feeling (worried, lonely, jealous) to each character and explain why the situation could have made them feel like that.

Dr Radha gives advice and emphasises how important it is to say sorry when you've done something wrong. Ben and Maria will apologise to Lucas and conclude the scenarios.

Dr Radha will leave the lesson with an important and positive message - be kind to one another.

For activity 3, the presenters will ask the audience to write down or draw three ways we can be kind. It could be making your school or classroom a kinder place or ways to be kinder to family or friends.

Download activity sheet 3 [here](#).

The presenters will conclude the lesson and remind the audience to be kind to each other and the importance of reaching out to someone you trust.

#### **Follow-up activities:**

Try some of these suggestions to follow up on the Live Lesson and extend children's learning...

##### **Story situations**

Ask pupils to identify moments in their favourite stories where characters have to face or deal with bullying behaviour. What happens in the story? Do the characters deal with the situation well? If not, what could they have done instead? Are the characters' responses ones that could only happen in the world of story? You could use questions like these to promote discussion.

##### **Feelings jar**

Encourage pupils to make a 'feelings jar' like the one they saw in the Live Lesson. Pupils could take turns to read aloud an extract from one of the stories they chose that contains a scene of bullying behaviour. Other classmates could then choose feelings from the jar to describe each of the characters in the story extract.

##### **One-minute scenarios**

Pupils could work in groups of three or four to improvise and act out some one-minute scenarios in the way they saw modelled in the Live Lesson. At the start, ask the pupils to choose names for their characters, then give them some scenario ideas, e.g. someone is left out of a game; someone thinks people are gossiping

about them; someone wants or takes something that someone else has. Encourage the pupils to share their work with the class and ask, 'How else could this scenario have worked out? Can anyone suggest a more positive outcome?' Pupils could try re-enacting the scenario to put their classmates' advice into practice.

### **Reach out banners**

How many ways are there to ask someone if they are alright? The class could compile a list of the kinds of thing we say when we reach out to someone to check how they're feeling, e.g. 'Are you OK?', 'How are you doing?', 'Alright?', 'How are you?', 'How's it going?', 'What's up?', etc. Each pupil could choose a phrase and use it to make a cheerful, colourful banner for a classroom display – a reminder to be kind and look after one another. The children could try making their banners in a variety of languages, too.

### **Useful links:**

CBBC's Anti-Bullying clips, guides and advice. Get involved and help us tackle bullying:

<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>

BBC Teach, Anti-Bullying Week teacher resources:

<https://www.bbc.co.uk/teach/anti-bullying-week-primary-and-secondary-resources/zrq6rj6>

BBC Own It, Anti-Bullying Week:

<https://www.bbc.com/ownit/curations/anti-bullying-week>