

Anti-Bullying Week – Homework Project

ANTI-BULLYING WEEK 2022 'REACH OUT' CALL TO ACTION



Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.

We would like you to take part in our homework project so that we can make a fabulous anti-bullying display showing that Friars children do not accept bullying....ever!

First think how you can help people to 'reach out' to stop bullying. Think about the key points in our child-friendly 'anti-bullying' policy and use some of the ideas below.

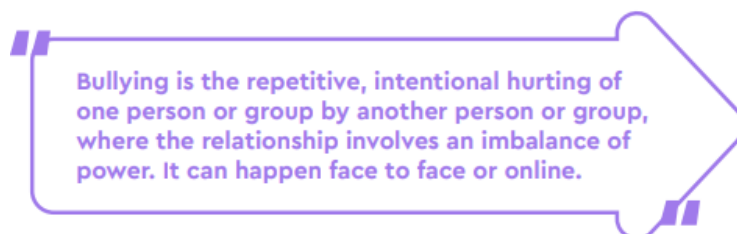
HOW CAN WE REACH OUT TO OTHERS?	
1. Sharing a smile	
2. Asking 'are you OK?'	
3. Inviting someone to join in a game at break time, especially if you notice they have no one to play with	
4. Offering to help someone in a maths lesson if you notice they are finding something difficult	
5. Pass on a compliment - tell someone something you like about them	

For your homework, you can choose from any of the activities below

- **Out of the ordinary** - Design a pair of brilliantly bright and colourful odd socks to celebrate Odd Socks Day
- **Super special** - Design a super hero who has amazing powers to stop bullying – what special powers could he/she have?
- **Terrific T-shirts** - Design an anti-bullying T-shirt giving a clear message that we will not accept bullying
- **Lovely Letters** - Write a letter to somebody who is being bullied and you think needs a friend to reach out to them. Think about what you would say to make them feel better, and what advice you might give them.
- **Perfect Poems** - Write a poem inspired by the theme 'Reach Out'. It could be a narrative or rhyming poem, a haiku, a riddle, a shape or an acrostic poem.
- **Super Safe School** - Design a 'Reach Out School'! Create the perfect school and/or school playground, where all pupils are helped to feel happy, safe and able to report bullying or anything they are worried about. Think about:
 - ✓ Different spaces e.g. open spaces, quiet areas
 - ✓ Fun equipment which is accessible to all
 - ✓ What the school facilities would look like to make sure they include everyone
 - ✓ Activities that will encourage kindness
 - ✓ Things that encourage pupils to look out for others
 - ✓ Things to help people make friends and ensure everyone is included

Then draw a labelled floor plan of the school and/or playground (pupils could even create a diorama).

- **Handy Hands** - Draw around your hands and forearms onto paper, and then fill the space inside with their own artistic design. We want them all to look unique and very different and we will then make them into a big communal circle of hands 'reaching out'.



Together we can stop bullying!

We can't wait to see your creations

Please send them to Mr Roche's office when finished. Thank you!