Think about why people get bullied. Most of the reasons you are thinking of can be summed up in one word – difference. The main reason people get bullied is because they are different. Now imagine a world where we all looked the same, had the same interests, had the same background, the same family, the same abilities, loved the same people etc. I’m sure you agree that it would be a pretty boring place where people lacked an identity! Your job as Peer Supporters is to help others understand this and realise that it is not acceptable to bullying someone. As Peer Supporters you will help people be proud of what makes them different and encourage students in your school to celebrate and respect each other’s differences, both online and offline. This ENABLE Campaign Material Pack has been tried and tested by students like you and will provide you with lots of ideas of activities and campaigns you can run in your school, just pick the ones that you think would work best in your school.

**Understanding bullying**

*“Kind words are short and easy to speak, but their echoes are truly endless”*  
Mother Teresa

In order for your Peer Supporter Campaign to be a success, it is really important that students in your school understand what bullying is, the impact it has on people and why it is important to prevent it happening.

**Definition of Bullying Race**  
Find the Peer Supporters’ and school’s definition of bullying and print off 10 copies on colourful card. Cut each of the words from the definition out and stick each word on a balloon and give each word a different number. Hang the balloons up around the school. Set students a challenge to be the first one to collect all of the words and form the definition of bullying.

**Anti-Bullying Quiz**  
Hold an anti-bullying quiz at the school to find out how much students and staff know about bullying. You could give them different scenarios and ask them to label whether or not they think it is bullying to see if they understand what bullying is.

**Have You Ever?**  
In a whole school meeting ask students a series of questions to get them to think about whether they have ever bullied someone e.g. have you ever passed on a nasty rumour about someone, shared a post which makes fun of someone on social media, left somebody out of a group repeatedly, made fun of one person on more than one occasion? Explain that all the questions you have just asked are examples of bullying and that we each have a part to reduce bullying and should think about our actions.

Activities for the Peer Supporters to run with their peers to encourage their peers to reflect on their behaviour
The Toothpaste Challenge ➤ You could run this activity in every class to help students understand the impact of their words. Select two students from the class and give them each a small tube of toothpaste. Ask them to squeeze the toothpaste out as quickly as possible. Once they have done that, ask them to put the toothpaste back into the tube (they won’t be able to). Explain to the class that like the toothpaste, words can’t be taken back once you’ve said them and they should think about the impact of their words.

Anti-Bullying Scenarios ➤ Act out different bullying scenarios in a whole school or year group meeting. Ask the audience questions about how they think the characters in the scenarios may be feeling. You could also freeze frame some of the scenarios and ask the audience how they would intervene in the scenario to make them think about how they could be an upstander to bullying.

Anti-Bullying Logo and Slogan ➤ Run a competition in the school to design an anti-bullying logo and slogan for the Peer Supporters to help students feel a part of the Peer Supporters’ campaign.

Personal Stories ➤ Show a video in a whole school meeting of someone who has been bullied who talks about the impact it has had on them.

If Our Class Won the Lottery ➤ Hold a whole school competition. Tell each class to enter an idea of how they would reduce bullying if they won the lottery e.g. a design for an anti-bullying app.
Run activities in your school which help students to find out about each other’s similarities, differences and backgrounds and display to the whole school that despite these differences everyone should be treated equally.

**Across the World**
Hold an event to celebrate different countries and cultures from across the world and invite parents/carers, students and staff. Each class or year group should spend a week researching a particular country. At the end of the week, every class will then have a stall at the event with things that represent that country or culture e.g. food, music, pictures of famous people, facts. Everyone who attends the event is given a pretend passport and writes in the passport what they learnt about each country/culture from each stall.

**Celebrating difference**

“No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they learn to hate, they can be taught to love, for love comes more naturally to the human heart than it’s opposite”

Nelson Mandela

**Feel Good Selfie**
Give each student a piece of paper. Ask them to draw around the outline of their head and shoulders and write their name in the inside of the drawing. Ask students to then pass their piece of paper around the class and encourage other students to write compliments about them around the outside of the outline. The student then puts their head back on the piece of paper and takes a selfie. Around the outline of their head should be all of the compliments from the other students. Create a display of the Feel Good Selfies.

**A Face of Faces**
Give students a phone and get them to take a selfie of one of their facial features e.g. eyes, mouth etc. Do this until you have lots of different pictures of different student’s facial features. Fit these together to make one face made up of the different parts of student’s faces. Stick this up in your school to show that, despite people looking different, deep down we are all the same and should be treated equally.
Proud to Be Me Video ▶ Go around the school and film students, staff and parents/carers talking about the one thing they are proud of which makes them who they are e.g. play a sport, are from another country etc. Share this video on the school website and on the school’s social media channels.

Celebrity Backgrounds ▶ Create a display in your school which looks at well known celebrities and lists facts about what makes them different that people didn’t know e.g. their background, interests at school etc.

Diversity Quilt ▶ Give each student in the school or year group a small piece of square card. Ask each student to decorate the card with words and pictures which describe them and to write their name somewhere on the card. Ask each class to stick/staple their pieces of card together side by side to create a square if possible. Collect all of the squares and stick/staple them together to create a huge diversity quilt. Hang this up in a main area of the school so staff, students and parents/carers can learn about the similarities and differences of people in the school.

Compliment Day ▶ Dedicate a whole day to students and staff members giving each other compliments. The students could wear white t-shirts and write compliments on each other’s t-shirts

Befriending Week ▶ Set the whole school a challenge of finding a new friend or talking to someone new that week. At the end of the week stick up a large blank piece of paper in the school and ask people to write on it something new that they found out about the person they’d befriended.

Ability vs Disability ▶ Invite an inspirational person who has a disability to come and talk in a whole school meeting about their experiences. You could ask teachers if they will set a homework task for students to research someone who has a disability who inspires them.

Inclusive School ▶ Ask students to create a wall in the school which represents what they think an inclusive school should look like. You could use graffiti, photos, maps, drawings etc. Look at whether the school is inclusive for everyone, especially those with disabilities.

Challenging Language ▶ Create posters and speak in a whole school meeting about the type of language that is and isn’t acceptable in the school e.g. using racist, disablist or homophobic language.


The Online World

“Be kind whenever possible. It is always possible”

Dalai Lama

It is really important that students understand that we should behave online as we would offline. We wouldn’t say something unkind to someone’s face so we shouldn’t do it just because we are behind a screen.

Defining Online Bullying

Teach students about what online bullying is and the impact it can have on a person.

Screensavers

Hold a whole school competition to design the best screensaver which encourages people to be kind and gives them tips on how to stay safe online. The winning entry could be put on the school’s computers.

Online Safety

Run a workshop with parents/carers and staff which tells them about the type of apps and social media sites young people use, what they can do on these sites and apps and how to keep them safe online. You could also run a workshop with students about what they can do if they have problems online.

Stay Safe in Cyberspace

Print off cut outs of mobile phones and in the phone write questions which will make students think about how they act online e.g. if they trust all of their friends online, if they would be happy for their grandma to see the pictures they post etc. Stick these up in the main areas in the school.

1 Truth

Do this activity in each class. Ask the class to come up with three questions and ask a volunteer to come up to the front and answer the questions. Two answers should be truths and one should be a lie. The class has to guess which one is the lie. Ask the class how they knew which one was the lie and if they did the same activity online with someone they didn’t know very well, would they be able to tell the lie? Make sure you tell the class that, online, they should only be friends with people they know and shouldn’t always trust the information that people online tell them.

2 Lies
ENABLE Peer Supporters’ Campaign Material Pack

Getting the whole school involved

*Be Kind Online ➤ Encourage students to send each other a Sweet Tweet or a Friendly Facebook to promote positive behaviour online. You could design a hashtag which people could use to help you track the campaign.

Netiquette Pledge ➤ Ask each class to contribute a line of how they would like to be treated online. Use student’s suggestions to create a Netiquette Pledge which outlines how the school expects students to treat each other online. Stick this up in a main place of the school.

Online Safety Quiz ➤ Run a quiz with students and staff to test whether they know what to do if they have a problem online e.g. what can you do on Facebook if someone has put a picture up of you that you don’t like?

*Peer Supporters Online ➤ Why not create a Facebook page and Twitter account for your Peer Supporter group so they can post advice to students online, showcase their work, celebrate kind students and tell students where they can talk to someone if they need to.

Support Network ➤ Peer Supporters can visit each class to do this activity. Ask students to draw around both of their hands. On one hand ask them to write down three people in school and two people outside of school they could talk to if they had a problem in school. On the other hand ask them to do the same, but thinking about who they could talk to if they had a problem online.

* Activity suitable for students aged 13+.
Why is it important to prevent homophobic bullying?

- It creates negative stereotypes
- It can make people feel like they are not accepted and can lead to low self-esteem and self-acceptance
- It is discrimination
- Homophobic bullying can have an impact on people’s mental health and wellbeing
- Using homophobic language e.g. using the word ‘gay’ in a negative way can lead people to think that being gay is bad and gay people shouldn’t be treated equally

Definitions

**Homophobia** ► The irrational hatred, intolerance, and fear of lesbian, gay and bisexual and transgender (LGBT+) people – Stonewall.

**Transphobia** ► Treating transsexual or transgender people differently and with a negative attitude because of their gender identity.

Tackling Homophobic Bullying

“Everyone deserves to be treated equally in the eyes of the law and in the eyes of our society”

Barack Obama
Bright Ideas to prevent homophobic bullying

- **Help students to understand** what we mean by homophobic and transphobic language.

- **Talk about homophobia and transphobia** in a whole school meeting. You could talk about examples, or show videos of LGBT+ celebrities who have been victims of homophobic and transphobic bullying to help students understand the impact of this type of bullying and challenge any stereotypes students have of LGBT+ people. It may also be good to show some statistics on homophobic and transphobic bullying in schools.

- **Create posters** and put them in every classroom to show that your school doesn’t tolerate homophobic or transphobic language. You could run a whole school poster competition and choose the best design.

- **Hold your own LGBT+ Pride March or Diversity Day in the playground and encourage students to design their own plaques to hold up which encourage celebrating difference.**

- **Run a campaign around using the word gay in a negative way.** You could create a display which shows what the word really means, do a play in a whole school meeting or ask students whether they would ever use other words which describe people, in a negative way e.g. rather than saying ‘my homework is so gay’, say ‘my homework is so ’white/Asian/Christian/disabled’ etc. Ensure that all staff and students correct people when they hear gay being used in a wrong way.

- **Make sure** that any policies or pledges in your school reference homophobia and transphobia.

- **Design a wristband or logo** which can be used across the school to show that the school celebrates diversity and individuality and encourages students to be proud of who they are.

- **Ask LGBT+ students in your school to volunteer to be filmed about their experience as an LGBT+ person.**