



Rise Up Song

Extension Resource Pack



Extension Activity

If you have a longer or additional session then hand out the below case studies to the groups – ask each group to create a presentation based around the case study. They should cover:

- What happened in their case study.
- Why they think it is a good idea.
- How they think the idea could be improved.
- Whether they think the idea would be helpful in their school and why.

Case Study 1

Who we are

Diversity Role Models actively seeks to prevent homophobic and transphobic bullying in UK schools. We stop bullying before it happens by educating young people about difference, challenging stereotypes and addressing the misuse of language.

How we help

Our workshops feature positive LGBT or straight ally role models who speak directly to young people about their experiences. To date we've worked with over 220 schools and reached over 50,000 young people across the UK.



Case Study 2



Hanane Boudali – Student

Sexual harassment is a part of everyday school life. This made me realise that a stronger feminist presence was needed in school. Girls need to feel safe and empowered to speak out. So how exactly were we supposed to make a change? It seemed such a daunting task.

We got in touch with UK Feminista and created a feminist society. Armed with the UK Feminista starter pack and with lots of support from them and our sociology teacher, we began with allocating roles, then set off – making badges, planning assemblies, creating posters and setting up social media sites. We held assemblies for each year, highlighting the issue, explaining what feminism is and stripping away the stigma surrounding it.

Our next steps as a group are to hold our own workshops. By spreading awareness we hope to create an environment in school where sexual harassment is a rarity and everyone feels safe.

I thank UK Feminista for providing us the opportunity to launch our ‘#Feminism’ campaign and to take the necessary steps to abolish sexual harassment in our school.

Case Study 3



Crispin School was lucky enough to be the first school nationally to lead ZeeTee's campaign for zero tolerance of homophobic language. ZeeTee who work closely with Stonewall, was founded in Wiltshire by Nicola Sage alongside a group of young lesbian, gay, bisexual and transgender (LGBT) people. The aim of the campaign is to raise awareness and acceptance of all sexualities and recognise the damage homophobic language can cause to young people in our communities. Deputy Headteacher of Inclusion, Mrs Nicola Pearce, stated 'I am very clear that I want to be part of a school community where every child feels safe and confident to be who they are, we are all different in different ways'.

All pupils attended assemblies where they saw a 'myth busting' film and had an opportunity to hear first-hand about the impact of the negative use of the word 'gay'. When asked what they thought of the assembly, pupils comments included 'inspiring' and 'it was good as it made people aware of the issue, it doesn't matter who you are'.

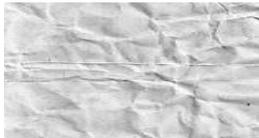
Pupils were then invited to sign the ZeeTee pledge to show their support for the campaign for zero tolerance of homophobic language. Crispin school is proud that the pupils themselves lead on many aspects of school life and Crispin's ZeeTee Ambassadors led the sign up and were thrilled to have over 500 pupils pledge their support in the first hour. When asked why they signed the pledge board, comments included 'everyone should be respected in the same way', 'everyone should be treated equally, no matter what' and 'to make a difference, we're all equal'. Over a thousand members of the school community have now pledged their support. Earlier in the year, Crispin's Peer Mentors, together with those from St Dunstan's, trained pupils from a number of local primary schools in the skills needed to become Peer Mentors themselves.

Case Study 4



1) Understanding what is classified as bullying

Assembly- Hold an interactive assembly which asks students to identify the different types of bullying and give some examples of these different types.



Paper Creases -Ask your students to draw a picture of themselves on a piece of paper and then swap their pieces of paper with each other. Ask each student to screw up the piece of paper then ask them to unfold it. The piece of paper will still have creases in it. This represents what bullying does to someone. You can't undo bullying and although you may say sorry some damage has already been done.

2)

Understanding the type of behaviour that is and is not acceptable in school

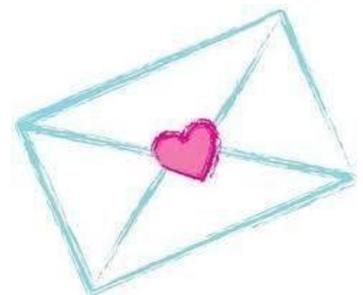
Re-write Your Anti-Bullying Policy-Re-write your Anti-Bullying Policy to make it child friendly, concise and easy to understand. You may want to show it in a picture or video. Get all students to sign up to it, if any misbehave remind them of what they signed up to.

Good and Bad Behaviour Wall Display- Clearly display what constitutes good and bad behaviour in your school so the students understand what actions will be defined as 'bullying' and what types of bullying exist. Ask them to draw pictures of good and bad behaviour.

3)

Students need to be encouraged to practice positive behaviour

Envelope Compliments Day- All of the class write a compliment about each pupil and puts it in each pupil's envelope. The idea is to give pupils a confidence boost. If they feel sad they can look at all of the lovely compliments their classmates have written about them.



Unique/Celebrate Difference Day - Ask all students to come in in fancy dress or mufty. You could spend the day exploring difference by looking at different countries, cultures, talents etc. You could also try eating foods from different countries. This day is all about celebrating difference.

Monitoring Behaviour in the Playground - ABA go around the playground /school with clipboard.

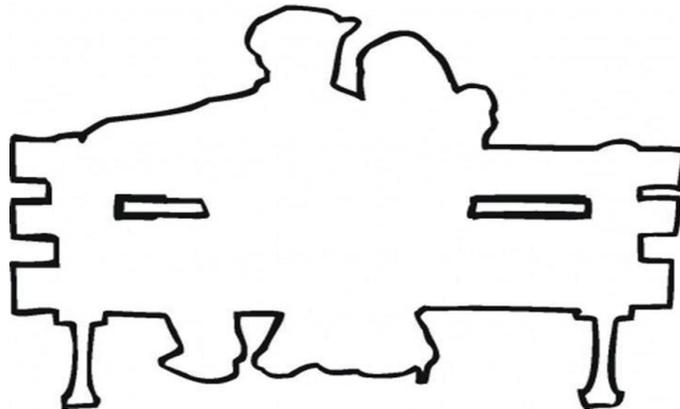
Smiles and Compliments Day-ABA give prizes to those who they feel have been smiling the most and giving the most compliments to other students. You could also ask each student to bring in a white t-shirt and write compliments on the t-shirt.

Wish Tree-Have a tree/board up in the school where children can write what they wish to see the ABA doing or what they would like their school to include in their ABA programme.

marking the names of people who are playing well and being inclusive and highlighting any issues that may arise.

Kind Hearts- Put up a large heart in the school. Each week ask pupils to put a post-it note on it stating what they have done that week to be kind to someone. Teachers can pick their favourites each week.

Buddy Bench- Have an area in the playground where a few ABAs sit at break times so if someone is feeling lonely they can sit here and have someone to talk to.



Peer Anti-bullying mentors-This is particularly important for new Year 7s. Assign each Year 7 an ABA who regularly checks how they are, and helps resolve any issues they may be having.

Reflective Room-An area where those who have bullied someone go to reflect on their actions and talk through with a teacher the situation.

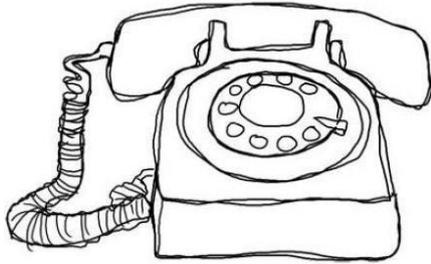
Anti-bullying Oath- Create an anti-bullying oath or pledge and ask all students to sign it. Ensure it is clearly displayed in the school. Refer back to it when incidents of bullying arise.

Bad word box- Have a box with a slot in the school where people can post words that make them feel bad about themselves.

Bullying pairs- On a piece of paper write down bullying scenarios and what a person can do if they find themselves in that situation. Cut up each scenario and solution separately. Mix them up and spread them out a table. Ask the students to work in threes to match up the scenario and solution. This activity will really get them thinking and discussing what they should do in each scenario and how they can help others.

4) Students need to know who they can talk to if they are being bullied

Personal Bullying Support Network-Get every student to draw around their hand on a piece of paper and cut it out. On the hand ask them to write two people they could talk to in school if they were bullied and three people outside of school they could go to. Do a display of the students' hands and write the ABA's names next to it.



Anti-Bullying Contact Card-Create an Anti-Bullying Ambassador contact card. It should include a definition of bullying, who the school's ABAs are and how the student can report bullying e.g. a school email address. This is particularly useful for new Year 7s to have.

The Cube-Have a locked box with a post slot which is located centrally in the school. If anyone is being bullied or has a recommendation for the ABA they can post it here. The teacher empties the cube each day and resolves any issues of bullying that day.

Email-Set up an email address/phone number where students can report incidents of bullying.

Display-In a clear area of the school display who the ABAs in each year are and what their role is.

5) Making anti-bullying initiatives and the concept of Anti-Bullying Ambassadors 'cool' and fun

Facebook Page-Create a Facebook page for the ABA. They could use it to share useful resources, articles or raise awareness of anti-bullying events or initiatives.

Create an Anti-Bullying Emblem-Hold a competition to design an anti-bullying emblem which represents your school's efforts to tackle bullying. It may be as simple as a blue ribbon.

ABA T-Shirt-Hold a meeting with the ABA to discuss how they would like to be identified in school. This may be through a tshirt, a high-vis jacket, a colour sewn onto their uniform, a badge etc.

