

# KIDVERSATION

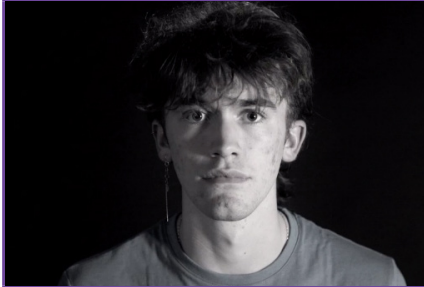
## Meet Jude, Rose and Nung



<b>Overview</b>	<p>In this video, we meet three children who are ambassadors for The Diana Award, a charity that supports victims of bullying. Jude, Rose and Nung mentor and help other young people who have experienced bullying by encouraging them to share their experiences and providing them with advice. Watch this video with your class, before using the prompts below – along with the pupil resource and <i>In the news</i> activity – to discuss the contents of the video.</p>
<b>Ensuring a safe teaching and learning environment</b>	<p>Bullying can be a highly sensitive area for discussion. Therefore, it is vital to ensure that you establish a safe learning environment before delivering the lesson. A safe learning environment provides an atmosphere of trust that enables pupils to share their ideas and sets an expectation for mature, respectful and non-judgemental responses. It also increases teacher confidence in delivery and in managing discussion. Bullying affects 1 in 4 young people, so working on the basis that at least one child in your class has experienced bullying will help to ensure safe delivery for all.</p> <p>This resource is designed to understand why it is important to speak out about bullying and get support. The issue is approached by exploring real cases of bullying that have been reported to Childline, and anti-bullying ambassadors responding with their advice. Sensitivity is important, even if you are unaware of any specific personal circumstances, and no pupil should feel under pressure to share their experience.</p>
<b>Curriculum areas</b>	PSHCE / Health and well-being
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● To understand that many young people experience bullying</li> <li>● To realise that speaking out about bullying is an important step in tackling it</li> <li>● To further this understanding by hearing real stories of bullying and considering the advice given by the anti-bullying ambassadors</li> </ul>
<b>Age range</b>	Year 5 – Year 9 (Upper Key Stage 2 – KS3)
<b>Length of lesson</b>	30 minutes
<b>Key words</b>	Bullying, The Diana Award, speak out, stand up, experience, identity, sexuality, race
<b>Resources</b>	Video, pupil resource, <i>In the news</i> activity
<b>In the news prompts</b>	<p><b>News articles Set 1: Bullying</b> – What do you learn from these news articles about bullying?</p> <p><b>News articles Set 2: Tackling bullying</b> – What do you learn from these news articles about what is being done to prevent bullying?</p> <p><b>News articles Set 3: Beating the bullies</b> – What do you learn from these news articles about how to beat bullying?</p>

# HEARING THEIR STORIES

Get your pupils to listen to each of the children's stories. Then, get them to think about what they have learnt about the children and what they would ask them.



Jude was picked on for being gay, which made him want to hide who he was. To speak up about the bullying he was facing, Jude also had to come out as gay to his mum, which meant speaking out about two things at once. It was terrifying for him, but his life began to turn around once he had opened up about it.



Rose experienced hurtful comments about her hair and appearance, particularly the parts of her that weren't stereotypically white. Even until now, she has struggled to process the bullying she has faced, but she feels pride having spoken out about her experience and feels better equipped if it ever happens again.



Nung was told that she did not belong in this country and that she should "go back home to where you belong". She has come out the other side of bullying because of the support she received and is now proud of who she is and proud of being different.

- What did you find out about these children?

*All three children have experienced bullying. They are now anti-bullying ambassadors for The Diana Award, a charity that supports victims of bullying.*

- What would you like to ask them if you had the opportunity to interview them?

*Encourage pupils to come up with questions that relate to these children's experiences of bullying. What would they want to know more about?*

## CHILDREN'S REAL EXPERIENCES OF BULLYING

Explore the four cases of bullying that feature in this Kidversation with your pupils. Use the prompts and discuss the questions below.

### 1) EMILY, 13

- What has Emily's experience of bullying been?
  - Emily has been bullied for the past 6 years.
  - She feels like she has no-one and that everyone hates her.
  - She has tried to make friends but feels invisible.
  - She hasn't told anybody about the bullying because she doesn't want to bring attention to it.
  - She hasn't been at school for a while because of Covid and her mum is thinking about home-schooling her as she has noticed she is a lot less anxious not being in school everyday.

## 1) EMILY, 13 (cont.)

- **What words of advice do the anti-bullying ambassadors have?**
  - *Bullying can make it feel like everyone actively hates you. They don't.*
  - *Never keep it to yourself. Speak up about it.*
  - *You will feel so much better if you speak up about it – a sense of freedom and a weight lifted off your shoulders.*
  - *Emily should speak to her mum about the options around home-schooling because it is her future and being intimidated by people at school should never be a motivation to leave a formal educational environment.*
  - *They want to meet her and give her a hug.*

## 2) LILY, 13

- **What has Lily's experience of bullying been?**
  - *She is really scared of two boys at school who keep making nasty comments about her body and the colour of her skin.*
  - *The bullying has been on and off since primary school.*
  - *Now the boys bully her on the bus to school.*
  - *She tries not to show any emotion when the bullying happens as she doesn't want to give them a reason to call her names.*
  - *She breaks down in tears every day when she gets off the bus.*
  - *The boys have even threatened to follow her home, so now she gets off 15 minutes early, even if they aren't on the bus with her.*
- **What words of advice do the anti-bullying ambassadors have?**
  - *They want Lily to know that whatever shade she is, she is beautiful and the boys don't know what they are saying.*
  - *As someone who has been bullied for his sexuality, which is another thing you can't change about yourself, Jude advises that the best way to overcome it is to embrace how you are different.*
  - *The most powerful thing you can do is start loving the part of yourself they bully you for, and then they can't win.*
  - *To check the school system. What support is in place?*
  - *Tell someone. Putting it out in the open, even to parents, validates the experience so you can move on from it.*
  - *If you are on the bus and see bullying happen, don't be a bystander. People watching bullying happen have the power to stop it. Even though it can be very hard to stand up to bullying, it is so important.*

## 3) JOSH, 13

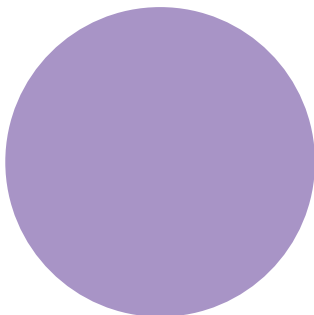
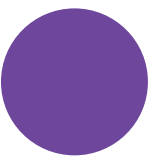
- **What has Josh's experience of bullying been?**
  - *He is being cyberbullied by a child in his class and their friends when he's gaming.*
  - *They keep on annoying him over messaging, are very rude and always tell him to shut up.*
  - *He is scared that when he does go back to school, the boy and his friends will gang up on him.*
  - *He feels worried, sad and helpless.*

### 3) JOSH, 13 (cont.)

- **What words of advice do the anti-bullying ambassadors have?**
  - *Remember that these platforms have rules that people need to follow.*
  - *Report it to school. Just because it didn't happen in school, it doesn't mean the school can't help sort out the problem.*
  - *People say things online behind the protection of a screen that they would never dare to say to your face.*
  - *Logging off sometimes can be a helpful thing and it can be good to have a 'social media cleanse'.*

### 4) JESS, 12

- **What has Jess's experience of bullying been?**
  - *She has been getting nasty online anonymous messages that are tearing her apart.*
  - *At first she thought it was something that would pass with time, but it has gone on.*
  - *She says she doesn't know what she has done to deserve the bullying.*
  - *At first the bullying was about her sexuality, then her weight and her looks, now it is getting more serious.*
- **What words of advice do the anti-bullying ambassadors have?**
  - *It is a horrible and frustrating situation.*
  - *She did not do anything to deserve to be bullied.*
  - *Talk to someone.*
  - *Something this serious should be reported.*
  - *The 'block' button is your friend. You don't have a duty to read messages that are sent to you.*
  - *Screenshot the messages, as this can act as evidence when you report the bullying. Also, screenshotting records the bullying, so it stops it feeling like it's in your head.*
  - *Give your phone to a trusted adult or friend (someone you trust) so they can see what is going on.*



## THOUGHTS AND REFLECTIONS

Explore the four cases of bullying that feature in this Kidversation with your pupils. Use the prompts and discuss the questions below.

- **What different types of bullying can you identify in this Kidversation?**

*Encourage pupils to think about different types of bullying, eg, cyberbullying, verbal bullying, racism, homophobia.*

- **Why do you think it is so important to speak out about bullying?**

*Encourage pupils to come up with their own reasons for why it is important to speak out about bullying, even if you have not experienced bullying before. Speaking out is the first step in getting help.*

- **What can you do to prevent bullying in your school/in the community?**

*Encourage pupils to think about what actions they could take. Examples might include:*

- *Become an anti-bullying ambassador.*
- *Make an anti-bullying poster.*
- *Fundraise for charities such as Childline that provide support to children who are experiencing bullying.*
- *Speak up when you see bullying happen.*

## WORDS OF ADVICE

- **What words of advice do Jude, Rose and Nung have for other children who experience bullying?**

- *Don't feel any guilt or shame.*
- *There is strength in speaking your truth and saying you will not be silenced.*
- *The most daunting but bravest thing is to reach out for help and to know that you deserve help.*
- *Embrace yourself and be who you are. Never be ashamed of it because you are loved and deserve the chance to be happy.*