STOP SPEAK SUPPORT

KEY STAGE 3 AND 4 SCHOOL PACK

Anti-Bullying Alliance

THE DIANA AWARD

ROYALFOUNDATION.COM

NSPCC

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INTRODUCTION

This guidance has been design to support schools to deliver The Royal Foundation's Taskforce on the Prevention of Cyberbullying's campaign aimed at bystanders of online bullying called: Stop, Speak, Support.

The aim of the campaign is to change the behaviour of young people who are 'bystanders' to online bullying and give them information and support. The campaign is aimed at 11–16 year olds.

The Anti–Bullying Alliance, NSPCC and Diana Award have worked have developed these materials to support introducing the campaign to pupils in schools.

This will help you to encourage young people to think twice about how they respond to cyberbullying and is aimed to be a starter message. You can then access other resources from across the anti–bullying sector at the end of this pack to help you continue to bring your anti–cyberbullying strategy to life.

The campaign was developed with young people for young people over the last 18 months and we hope you find it useful.

PLEASE DO SHARE YOUR EXPERIENCE WITH US ON SOCIAL MEDIA:
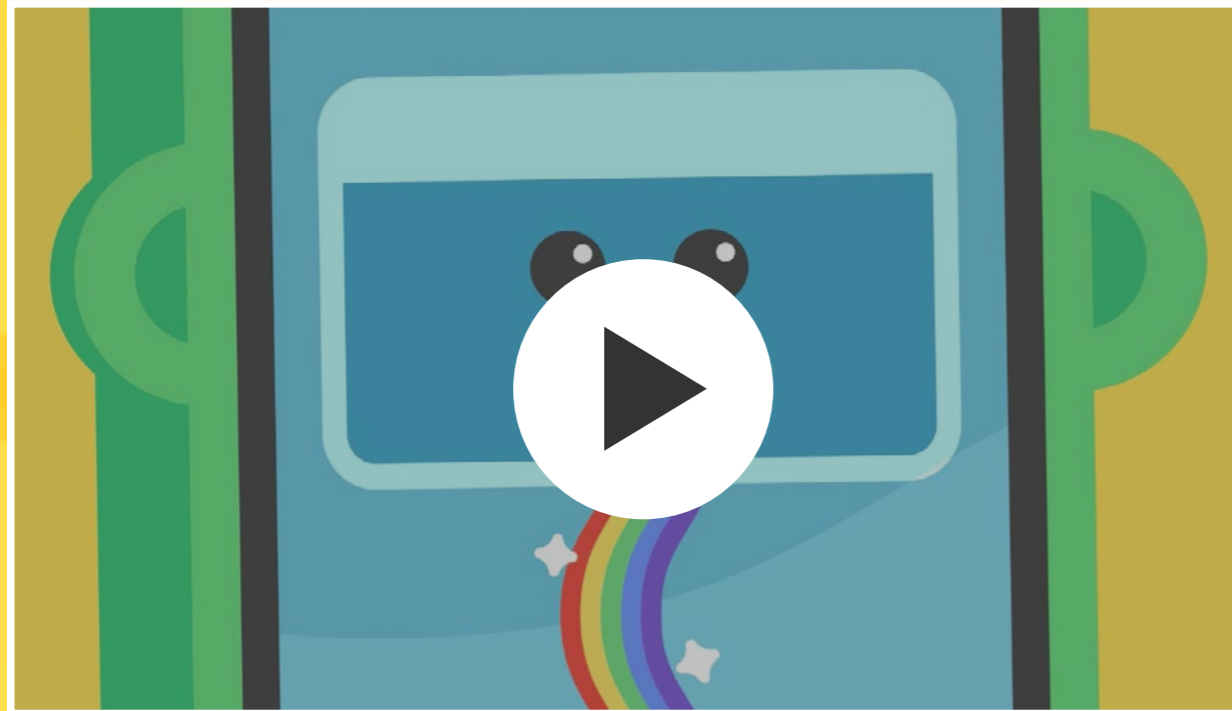
@STPSPKSPPRT   @STOPSPEAKSUPPORT   @STOPSPEAKSUPPORT

ACTIVITY IDEAS

These ideas could be used in a lesson, assembly or with your school council depending on the allotted time you have and how you would like to use them. Don't forget to look and see how you could factor it into the many other resources listed at the end of this pack or into your wider e-safety activity within school.

The session should take roughly 45 mins – 60 minutes but you may also like to think about splitting up the activities into smaller sessions depending on your group.

LEARNING OBJECTIVES

- To encourage pupils who may not already be on social media sites to be prepared to be good digital citizens

- To equip pupils with the skills to know what they should do if they encounter bullying online.

LEARNING OUTCOMES

- Pupils will be able to describe what cyberbullying is

- Pupils will be able to tell you about the Stop, Speak, Support strategy and campaign and understand how to be good digital citizens

- Pupils will know how to respond to any bullying they see online.

- Pupils know who they can talk to if they see or experience online bullying.

PREPARATION AND MATERIALS NEEDED

- (https://youtu.be/RGcLa-vyxVQ)
  Be prepared to show this video to pupils. We advise that you ensure the content is appropriate for your pupils by viewing the clip before delivering these activities. We also recommend you view content on external links in advance of sharing these with young people, as we are unable to accept responsibility for content, which may change, move or become unavailable without our knowledge.

- Make sure you know your Anti-Bullying Policy details and are able to share with children what they should do if they are worried about anything or worried about bullying.

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ACTIVITY CONTENT

INTRODUCTION TO THE TOPIC

🕐 5 min

Ask the group to brain storm the ways they use the internet at the moment. For example they might say they watch videos on YouTube, look on different sites for homework and some might be on social media sites already even though they are under the age of 13. Whilst the age of most of the social media sites is over 13, we know children do not always follow this. Having an open discussion where pupils will not be in trouble but rather advised is important to ensuring you are able to keep open channels of communication.

Ask the group if they know what cyberbullying is and to give examples — this will help to gauge the level of knowledge in the classroom.

Discuss as a group 'what a bystander is' and how someone could become an upstander:

BYSTANDER

Someone who is around, not involved in bullying but knows it's going on and / or sees it happening

UPSTANDER

Someone who helps the person being bullied. This might be by reporting it to the teacher, asking if they're alright after the incident or, if it's safe and won't escalate the situation, saying they don't think it should be happening.

Ask whether there are bystanders and upstanders online?

For example, in the comments sections of YouTube videos or on Twitter comments etc.

BYSTANDER VS. UPSTANDER

🕐 10-15 min

Take the following scenarios to the group and ask them if they are 'bystander' or 'upstander' scenarios. You could ask the group to physically move from one side of the room to the other. Take turns asking the students to explain why they chose the one or the other.

SCENARIO - 1

Janine is gaming and hears someone one day telling another person to 'go kill themselves'. This happens every time the person logs on. She just signs off when he signs on.

> **BYSTANDER**
> (although it is good to leave the situation)

SCENARIO - 2

Ade posts a derogatory picture of Tom on Instagram. Lots of people like the picture and are posting mean comments underneath it. Sami sees this and reports it to Instagram.

> **UPSTANDER**

SCENARIO - 3

Ava sees that Isaac has been subjected to lots of tweets all making 'jokes' about the way he answered a question at school. Ava sends Isaac a message to say that she thinks he's great and to ask if he's ok.

> **UPSTANDER**

SCENARIO - 4

Simrin is hanging out with his friends after school and they start sending nasty WhatsApp messages to one of his classmates. Simrin doesn't feel comfortable about it but he doesn't say anything.

> **BYSTANDER**

Explain to the group that you are showing them a video about how to be an upstander online. Show the 60 second video to the group. You might even want to show it to them again.

The video has three main messages:

1. STOP   **2. SPEAK**   **3. SUPPORT**

STOP, SPEAK, SUPPORT STRATEGY

15-20 min

Split the group into groups. Give each group the table below with the Stop, Speak, Support campaign.

STOP

- Take time out before getting involved, and don't share or like negative comments
- Try and get an overview of what's really going on
- Check the community guidelines for the site you're on

SPEAK

- Ask an adult or friend that you can trust for advice
- Use the report button on the social platform it's happening on
- Speak to one of the charities set up to help with situations like this, such as Childline

SUPPORT

- Give the person being bullied a supportive message to let them know they're not alone
- Encourage them to talk to someone they can trust
- Give the person being bullied a positive distraction from the situation

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Show each group one of the three case studies below and ask them to develop their Stop, Speak, Support strategy which follow the campaign above. Give them 10-15 minutes to write down their suggestions. Then ask each group to share their strategy with the rest of the class.

1. KIARA

Kiara has posted a video on YouTube of her reviewing her favourite artist's new album. Instead of getting lots of likes she's been getting lots of dislikes and people have started writing horrible comments on the video. Someone has also created a replica video mimicking her in a hurtful way. Kiara has asked people to stop it but it just seems to be getting worse.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers.

2. IQBAL AND GRACE

Iqbal and Grace love gaming they speak to each other all the time whilst playing the games and have recently started making friends online whilst gaming. However, there seems to be one or two people playing the games that have started targeting them and killing their avatars every time they play the game. They've also started threatening them over the speaker system.

If you heard this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers.

3. BROOK

Brook has been experiencing bullying at school. She has recently found out that someone has created a fake Facebook profile of her and they have started posting some offensive photos of Brook and started spreading rumours about Brook that are pretty mean.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support campaign to help you come up with your answers.

EXTENSION IDEAS

You could ask your group to develop their own assembly to act out and explain the Stop, Speak, Support campaign themselves. They could show the video to the assembly and then explain it. Or they could even come up with their own version of the video and the slogan.

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OTHER USEFUL RESOURCES

Below is a list of other cyberbullying resources from across the anti-bullying sector that might be useful to you. It is not exhaustive but hopefully gives you an idea of all the amazing resources and support out there to help you continue bringing your ideas to life!

- **Anti-Bullying Alliance - cyberbullying information and tools**

- **Anti-Bullying Alliance - free CPD Online training (including a module on cyberbullying)**

- **Childnet International - cyberbullying guidance for schools**

- **Childnet International - resources for teachers and professionals**

- **Department for Education - preventing bullying guidance**

- **Diana Award (Anti-Bullying Pro) resources**

- **NSPCC / bullying and cyberbullying resources**

- **South West Grid for Learning**

- **Think U Know - supporting schools to deliver education and raise awareness of online child exploitation and abuse**

- **UK Council for Child Internet Safety (UKCCIS)**

- **UK Safer Internet Centre - where you can find e-safety tips, advice and resources to help children and young people stay safe online**

- **UK Safer Internet Centre - Professionals Online Safety Helpline (POSH)**

ABOUT OUR ORGANISATIONS

ANTI-BULLYING ALLIANCE

[Anti-Bullying Alliance]

The Anti-Bullying Alliance is a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

- Supporting learning and sharing best practice through membership;

- Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns;

- Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives;

We provide expertise in relation to all forms of bullying between children and young people. The Anti-Bullying Alliance was established by the NSPCC and the National Children's Bureau in 2002 and is hosted by the National Children's Bureau.

NSPCC

NSPCC

Together we can help children who've been abused to rebuild their lives. Together we can protect children at risk. And, together, we can find the best ways of preventing child abuse from ever happening.

We change the law. We visit schools across the country, helping children understand what abuse is. And, through our Childline service, we give young people a voice when no one else will listen.

DIANA AWARD

THE DIANA AWARD

The Diana Award is a charity legacy to Princess Diana's belief that young people have the power to change the world. We foster, inspire and develop positive change in the lives of young people – giving them the skills, tools and courage to create change in their lives, the lives of those around them and in their communities, very often, in the face of huge adversity.

We do these through four core programmes:

1. The Diana Award, continues to shine a spotlight on outstanding young people through a retrospective nomination process.

2. Our peer-led Anti-Bullying Campaign, enables young people to change the attitudes, behaviours and culture of bullying both offline and online through a multifaceted approach.

3. Our structured Mentoring Programme builds resilience and character for the most vulnerable young people in our society, helping them gain key competencies needed to navigate life successfully.

4. And our Inspire Series Programme, supports and enables young people to take positive action in their communities, helping them build leadership skills.

THE ROYAL FOUNDATION TASKFORCE ON THE PREVENTION OF CYBERBULLYING

ROYALFOUNDATION.COM

The Royal Foundation Taskforce on the Prevention of Cyberbullying was established by The Royal Foundation of The Duke and Duchess of Cambridge and Prince Harry to work with the technology industry to develop a series of commitments to help prevent the cyberbullying of children and young people, together with the guidance and expertise of charities, not-for-profit organisations and independent advisors. The Taskforce launched in May 2016 to develop an industry-wide response to the online bullying of young people.

- As part of The Royal Foundation's Taskforce on the Prevention of Cyberbullying, a panel of young people have developed a campaign to encourage other young people to take three simple steps when you see bullying online.

- The 'Stop, speak, support' campaign has been created in response to 11–16 year olds saying that while they enjoy social media, games and online forums, that it is the only area of their lives that they feel does not have clear expectations or standards of behaviour they should all adhere to.

- Stop Speak Support aims to help young people spot cyberbullying and know what steps they can take to stop it happening and provide support to the person being bullied.

- The 'stop, speak, support' steps were created in partnership with a panel young people and the agency Livity, through a series of focus groups and workshops.

The Taskforce is chaired by Brent Hoberman CBE and consists of the following charities and industry partners:

- The Anti–Bullying Alliance
- Apple
- BBC
- BT
- The Diana Award
- EE
- Facebook
- Google
- Internet Matters
- NSPCC
- O2
- Sky
- Snapchat
- Supercell
- TalkTalk
- Twitter
- Vodafone
- Virgin Media