

KiVa is an innovative anti-bullying programme that has been developed using research on bullying and incorporating experiences from previous intervention programmes used around the world. At Hodge Hill Primary School, we have adopted the KiVa programme and approach to anti-bullying. The programme provides school staff with information about bullying and how to tackle it. There are 2 units which are used across KS2 to deliver KiVa lessons to the children. The KiVa lessons are child centred, experiential and versatile. Children are encouraged to think and find solutions to the themes, learn by doing and discuss and reflect on their ideas.

Year 3 and 4 Unit 1

Overview of teaching for the year:

1. **Let's get to know each other** - know that KiVa stands for a positive school environment, understand that every pupil has the right to a safe learning environment, know more about themselves and their classmates
2. **Emotions** - know what is meant by emotions, have thought about the kind of emotions and the different situations in which we experience them, understand the difference between emotions and actions
3. **Our class - everyone included** - know what a group is, have examples of a friendly group, have learnt new things about classmates, know how to join a group and help others to be included in the group, have thought about different emotions they may have as a member of a group
4. **Difference is richness** - have thought about the ways and the importance of taking other people into consideration, have thought about the positive characteristics there are in other people and also in themselves
5. **There's no bullying at a KiVa school** - understand what bullying is, understand how bullying differs from accidentally inflicted harm or an argument, understand what being bullied may feel like, know the most common consequences of being bullied, know that in this school bullying is not tolerated and will be dealt with immediately
6. **We will not join in with bullying** - understand the meaning of bystanders in bullying situations, have thought about their own behaviour in bullying situations, understand that it is everyone's responsibility to reduce bullying
7. **The bullied child needs your support** - identify ways to support the victim, have thought about why it might be hard to take the victim's side, understand that even small gestures/actions can make the victim feel better

8. **I will not be bullied**- understand that bullying is not the victims fault, know what assertiveness means, know ways of how to act in bullying situations
9. **Review of the topics through literature**
10. **KiVa rules and contract - commitment**

Year 5 and 6 - Unit 2

Overview of teaching for the year:

1. **Respect is for everyone** - know that KiVa stands for a positive school environment, understand that every pupil has the right to a safe learning environment, understand that being alone is different from being together and that both of them are important, understand the importance of respect in human relationships and know what is respectful and disrespectful behaviour, understand what interpersonal communication is and what problems it might present
2. **In a group** - know what a group is, have examples of a friendly group, understand characteristics of communication in a group, understand group pressure, understand that in a group people have different roles, know how to join a group and include others in the group, have thought about what kind of group their class is
3. **Recognise bullying** - know what bullying is and recognise bullying situations, know what bullying is not (a conflict/fight), know different forms of bullying, know how common a problem bullying is, understand that bullying is not acceptable, know who to tell about bullying and how it is tackled at school
4. **Hidden forms of bullying** - understand the concept of hidden bullying and that it is harmful and forbidden, understand what mixed messages are, know what cyber bullying is, know ways to protect themselves from online bullying
5. **Consequences of bullying** - understand what being bullied may feel like, know the most common consequences of being bullied, understand that bullying might affect your life even after many years, have thought about the well-being of their class as a group and the possible changes that have taken place
6. **Group involvement in bullying** - have thought about their own attitudes towards bullying, have noticed that most of the children in the class have an attitude against bullying, have understood that you don't always act according to your actual attitude (group pressure), know the roles in bullying situations, have thought about their own behaviour in bullying situations
7. **Confronting bullying as a group** - have identified ways to support the victim, have thought about why it might be hard to take the victim's side, understand that even small gestures/actions can make a victim feel better, have tried out different ways of behaving in a bullying situation

8. What to do if I get bullied? - know what to do and what not to do, know what assertiveness is, know what happens in school , know that it may feel difficult to tell anyone about bullying

9. KiVa school - lets do it together - have revised the anti-bullying rules that the class created during the school year, have thought about what the rules mean to their class, have thought about what the class could do in the future so that there would be no more bullying, know the consequences for breaking the rules

10. How are we doing? - have thought about how they feel the situation in the class has changed, have seen how others experience it, have thought about how they have contributed