**PSHE Lesson 1/12/21**

**WALT: I know what it means to be a witness to bullying**

**I know some ways of helping to make someone who is being bullied feel better**

Introduction:

* Watch BBC clip from bully to best friend: <https://www.bbc.co.uk/bitesize/clips/zdn6n39>
* Think about a time when you felt lonely in the playground or when someone was unkind to you. What feelings you might have felt at this time. What did you/could you have done?
* What could you do to help if you see someone who was alone or looked sad in the playground?

Bullying is:

1. It goes on over time and happens again and again.
2. It is deliberate: hurting someone on purpose, not accidentally.
3. It is unfair: the person doing the bullying is stronger and more powerful (or there are more of them).

Activity:

* Fold a piece of paper into 2 equally.
* Place your hand as close to the fold as possible and then draw round your hand.
* Cut out round your hand **except** the bit on the fold so that you have two handprints joined together when you open it out.
* Write a slogan such as ‘STOP bullying’ on each of the palms of the hands.
* Write ideas about how you can help someone being bullied on the fingers of each hand.

Reflection:

Share ideas of slogans and what to do when/if you witness bullying.