

# Anti-bullying medicine

## Objectives

- To learn how to deal with bullying.

## Resources

A large, empty, clear-plastic bottle; water; jug; wooden spoon or other stirrer; a large 'label' and pen.



## Links

- Follow up the assembly with a class circle time, to give the children the opportunity to talk about times when they may have been bullied or when someone has not been very nice to them. Consider how the medicine will help the bully to change their behaviour.

## Assembly type

- Teacher-led whole key-stage or class assembly.
- Interactive activity.

## Background

This assembly focuses on giving the children a clear understanding of the term *bullying* and gives them the confidence to begin to deal with any bullying issues they may face. A short definition of *bullying* is 'someone who continues to do something deliberately, with the intention of making someone else's life miserable and make them feel bad about themselves'.

## Introduction

- Together, define what a bully is, and discuss some of the things they might do. Talk about what the children should do if they think they are being bullied. Emphasise how important and brave it is to tell someone all about it.
- Tell the children that you are going to make some medicine together that, when taken, will stop someone being a bully forever.

## Main assembly

- Pour some water into a jug. Explain to the children that this forms the basis of the medicine. Tell them that you will not add anything harmful because it is important that the medicine makes people better not worse.
- Reach into your pocket and pretend to find some 'consideration'. Carefully get it out and put it into the water. Give the medicine a good stir.
- Ask the children to suggest other things to add to the medicine. Encourage them to give reasons. Comment on each suggestion, encouraging those things that you want to hear and leading the children away from physical suggestions.
- Each time you accept an 'ingredient', ask the child to come and put it in the medicine and give it a stir.
- Ask a volunteer to come to the front and write down each ingredient that is accepted on a large 'label'. Each time something is added, remind the children of all the things that are part of the medicine.
- When the medicine is finished, ask the children: 'Do you think that will help someone stopping being a bully?' Ask them to say why.
- Pour the mixture into a bottle and stick the label on it.
- The bottle could perhaps be left somewhere, prominently, so that those who feel they are being bullied can fetch the bottle to show an adult that they have a concern.

## Closing thought or prayer

Go through the list of ingredients, one at a time, briefly considering how each one helps the children to remember how to behave towards one another.

Dear God, Help me to remember how to behave towards others. Remind me to be considerate, caring and a good listener (*or other ingredients from the bottle label*) so that I can always be kind to others. (Amen)