

Sample Anti-Bullying Primary School Assembly

Stop and think – Words can hurt

1. Have the phrase 'Sticks and stones may break my bones, but words will never hurt me' on display. Ask the children what it actually means.
2. Now ask the children if they think it is true. Do a quick vote to gauge opinion.
3. Now read a short story about a child who is quiet and is being picked because of this:



Perhaps the story could start with one girl calling the quiet girl a mouse, and then others squeaking at her and laughing. Then others start sending text messages such as 'shut-up, stop being so noisy!'

- Ask the children how the comments might affect the girl's feelings and how it might affect her behaviour (would it make her want to talk to others?)
4. You could ask a volunteer to demonstrate the character as the scenario unfolds and draw attention to the changes in her body language throughout, the reasons for her being quiet and the acceptance that all people are different.
 5. Again ask the children if they think the phrase is true and do another quick vote to see if the opinion has changed at all. Discuss the reasons for any change. Reinforce that although there isn't any physical hurt, feelings can also be hurt and this can be just as damaging.
 6. Ask the children how they feel if someone says something nice to them. Also, how would the child in the story feel if the comments had been positive comments? Emphasise that we can all say nice/ positive things (in words, signs or on the computer/phone) because words do have power and we can choose to use them well.
 7. Ask the children if they have noticed someone doing something really well today (being specific and meaningful). Use the examples given to highlight that the compliment has to be meaningful for people to believe it.
 8. Challenge the children to give at least one compliment every day this week. Ask them to watch the reaction they get and how it makes them feel.
 9. This could be followed up at the next assembly to see how it went and explore how it affected everyone's feelings and behaviour.