

ABW (Secondary) Assembly Plan

Beatbullying

Stop and Think

What you will need:

Presentation - Stopandthink - SecondaryAssembly.pps

A few images of stereotypes (e.g. rocker, geek, ginger, muslim)

20-30 cards with positive words/phrases written on them (e.g. Believe in yourself, you are intelligent, your opinion matters, I am proud, you are beautiful, I love to learn, it's great to smile, be yourself etc), placed in envelopes.

Envelope Preparation:

Hand out your envelopes to students, teachers of different years, tutor groups, friendship groups. Tell them: "You must not open them until I say so!"

SLIDE 1 (Projected when they walk in)

Slide 1

SLIDE 2 (Stick and Stones):

Slide 2

Find out who disagrees and agrees with the saying: "Sticks and stones may break my bones but names will never hurt me." (Ask for a show of hands respectively)

Get reasons for their answers to generate discussion.

Ask: How do you know if they have hurt someone? What are some of the signs?

SLIDE 3 (Effects and Consequences):

Slide 3

Ask: "What is an effect?"

Ask: "What types of words have negative effects on us and why?"

Ask: “Who could use these words against us? Why would people do that to each other?”

Ask: “How do they change us?” E.g. Confidence, personality, appearance, attitude, lifestyle, friendships, eating or sleeping disorders etc.

Help them to consider the process: Negative words - affect on person - impact it has on them...

Ask: “What do you think the long term consequences of this negative sequence might be?”

SLIDE 4 (Achieving your Dreams):

Slide 4

Ask: “Who has a dream for the future?” (Hands up)

Choose a young person from the audience (who is happy to volunteer).

Ask ‘X’ (volunteer) what their dream is.

Ask the audience: “Why will ‘X’ need confidence to achieve their dream?” E.g. Self-belief, confidence affecting what you believe about yourself, motivation helping you achieve what you want/need to etc, the importance of remaining determined.

Get them to consider a simple formula: Belief + confidence + determination = dream.

Then refer back to the negative words we discussed earlier. Ask them: “What could some of the potential consequences or impacts on the person’s dream be? Why?”

Ask: “What happens to each of the three factors (belief, confidence and determination) when negative words are constantly and deliberately used against someone?”

SLIDE 5 (Stereotypes):

Slide 5

Show the group some images of young people typically labelled rocker, geek, ginger, gay, gang member, Muslim etc.

Emphasise the point that the words used to describe these individuals are based on knowing very little about that person or group and is a way of putting everyone connected with that culture within one box (again demonstrating the long term consequences of negative words).

Message: Stereotyping can corner and exclude an individual or group and separate them from society, while also preventing them from exploring paths in life that may help them grow and develop as INDIVIDUALS.

SLIDE 6 (Final Point):

Slide 6

Words have the ability to: deflate people's confidence; lower self esteem; and destroy one's future...

However, when used positively they have the power to uplift, motivate and empower individuals to strive and capture their dreams!

SLIDE 7 (Please open Envelopes):

Slide 7

Now, invite everyone who has been given an envelope to come up onto the stage.

Ask them to read out very loudly (shout if they want to!) what has been written on the cards in their envelopes. In each envelope there will be a card with a positive word/phrase written on it:

E.g. Believe in yourself, you are intelligent, your opinion matters, I am proud, you are beautiful, I love to learn, it's great to smile, be yourself etc. The more the better!

End.