



Assembly: Bullying on a school journey

Year group:	Y7 – Y13
Key subject:	Citizenship
Cross curricular:	PSHE
QCA scheme of work:	Developing good relationships and respecting the differences between people. Developing skills of participation and responsible action.
Useful resources:	Trackoff resource DVD: Module: A good journey: The best time of the day? PC and projector or interactive whiteboard.

The assembly plan

Aims

This Y7 – Y13 assembly tackles bullying that takes place when pupils are commuting to or from school.

The assembly aims to:

- Define bullying and its effects.
- Offer support to those who experience bullying.
- Help pupils understand that bullying, apart from being distressing, can also be extremely dangerous.

Introduction

End of the school day – for some of us it's the best time of the day. And for others, it's the worst.

Bullying that takes place when we are commuting to or from school can be the most terrifying kind of bullying because it often takes place away from teachers or other adults that could offer support.

Tell the pupils that they are going to watch a short video, and whilst watching it, they should write down different types of bullying that take place in the film. They should also think about the effects on Emma, the girl who is being bullied in the story.

Main presentation

Video: The best time of the day?

Play the video.

Discussion: Bullying and its effects

Ask students what types of bullying they saw on the video. Write answers on a white board.

- Being pushed and pulled about.
- Derogatory comments and teasing.
- Being ignored and left/pushed out.
- Being physically hurt.
- Messing about with Emma's possessions.

Next ask how the students think the various types of bullying might affect Emma. Write the answers on the whiteboard.

- She may feel isolated and lonely.
- She may lose her self-confidence.
- She may fear for her personal safety.
- The bully's final act of aggression puts her into real danger.

Discussion: Dangers of bullying on the railway

Bullying is not only incredibly distressing; it can also put the person being bullied into real danger.

The video we just saw was filmed with actors, completely safely, but it is in fact based on a real story. Some years ago, there was an accident where someone threw their schoolmate's mobile phone on the railway track. The person jumped on the track to get it back and was killed by a high speed train.

On the video, the boy who was bullying Emma ends up saving her. Can you think how he might be feeling? Do you think the experience may change his behaviour?

(Allow students to respond.)

What can you do if you are being bullied?

Here are some ideas about how you can deal with bullying. They come from the Childline website, which is a useful resource for many issues that you may find difficult.

Think about your situation, and what options might be best for you.

- Don't ignore bullying – it won't go away on its own and it may get worse.
- Tell someone you trust – such as a teacher, parent or friend.
- Remember – it's not your fault. No one deserves to be bullied.

Here are some other things you might want to think about:

- If possible, try to stay away from the bullies or stay with a group when you don't feel safe.
- Ask your friends to look out for you.
- Try not to fight back – you could get into trouble or get hurt.
- Check your school's anti-bullying policy. This will tell you what your school should do about bullying.

And remember, if you are being bullied on your journey to or from school, you can always ask the staff at the station or on the train for help.

Summary

Everyone deserves to have a safe and happy commute to and from school. In this assembly we have considered how bullying during the school journey can be terrifying and dangerous.

Bullying can only continue if those who are bullied and those who witness it remain silent. If we are to deal with bullying then don't suffer in silence. Tell someone you trust about it.

Remember: "Tell a teacher, family or friend and make the bullying end."

Additional notes

This assembly is suitable for any secondary school. Teacher adjustments can be made to adapt it for a single class.

The assembly would be especially relevant if large numbers of pupils commute to and from school by train.

Extension/shortening tip

To lengthen:

Useful resources

Childline website

<http://www.childline.org.uk/info/pages/bullying.aspx>

Pupiline website

<http://pupiline.net/>