

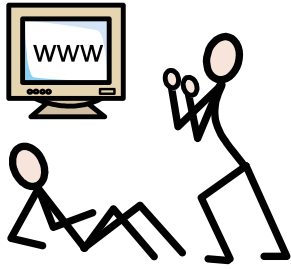
Accessible Action Pack



**Comisiynydd
Plant Cymru**

Children's
Commissioner
for Wales

The mission

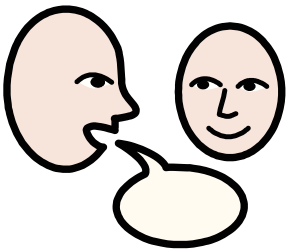


Set up an 'action group' of children and young people in your school or group.

Use the activities in this pack to raise awareness of cyberbullying.

The group should be made up of young people who will:

- Feel that tackling cyberbullying is important
- Tell people in their school or community what they know about cyberbullying
- Do activities with other children and adults
- Think about how everyone can work together to tackle cyberbullying

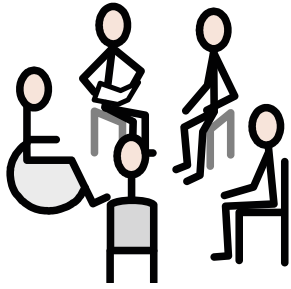


You can Tweet us during our **#RightsHour**, every Friday between 12pm and 1pm.



We would like to thank teachers and pupils at Ysgol Cedwain in Powys for helping us develop this pack.

About your group



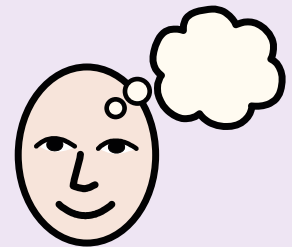
Children told us that working with other children is one of the best ways to help tackle cyberbullying. They also want a safe space to talk about it.

Any child that wants to take part should have the chance to be in the group, no matter what.

Look at all the activities in this pack. Decide which one you want to do first and when your group will start this work.

Things to think about:

- Who will be in your group?
- When will you meet?
- Where will you meet?
- What will your group be called?
- How will you let people know about your group?



Children's Rights

Children's rights are things that children need to grow up healthy and safe. Everyone under the age of 18 has children's rights, no matter who they are.

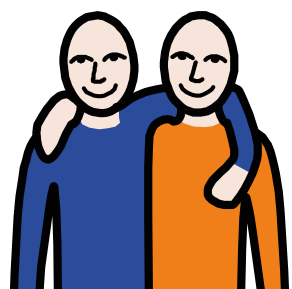
You can read about all the 42 rights you have in a document called the [United Nations Convention on the Rights of the Child \(UNCRC\)](#).

When a child is bullied, they are **stopped** from getting some of their rights, like:



Article 2

All children should be treated the same, no matter who you are, where you're from or what you think.



Article 15

To meet other children and join groups



Article 19

Not to be hurt

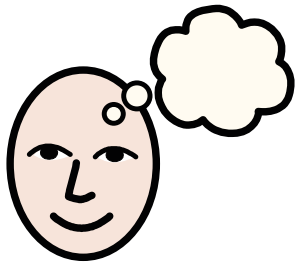
It's important that **all** children in Wales have access to **all** of their rights.

The Children's Commissioner for Wales' job is to make sure that this happens and help any child who needs it.

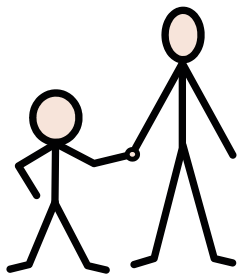
At the back of this pack, you will find information on how we can help and other places that you can go to for support.

Activities

In this pack you will find some activities which your group can do to make change. They can be done in any order.



You and your teachers can decide to do them as part of your learning.



You could also lead them with other children or young people in your school or setting.

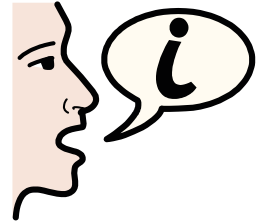


Teachers or group leaders should help you and listen to your ideas.

1. Menu for change
2. App or game guide
3. Sam's Shoes
4. Storyboard
5. Cyberheroes
6. Stop/Start

Activities

Activity 1: Menu for change

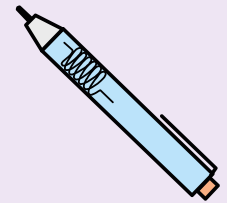


A menu for change is a list of tasks that are written out like a food menu.

Once you've made it you will need to give it to your teacher or group leader and tell them about your ideas.

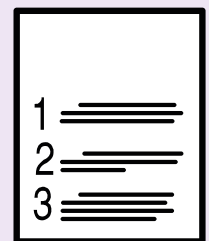
Things you need:

- Pen and paper **or**
- A computer



How to do it:

1. Discuss what things you'd like to do as a group.
They might be activities included in this pack.
2. Think about how easy or hard it might be to do each thing.
3. Write a menu for change using these things so that you can make a plan.
There is an example on the next page to help you.
4. Decide if each thing should be a starter, a main or a dessert.



Starters:

These will be things that are quick and easy to do.

Mains:

These will be things that take a bit more time and will need some help from an adult.

Desserts:

These will be your wishes for the future and the things you want to see change in your school.

Example

Menu for Change

Starters

- Fill in the 'help and support' page at the back of this pack.
- Make a list of things you should do to stay safe online.
- Your own ideas!

Mains

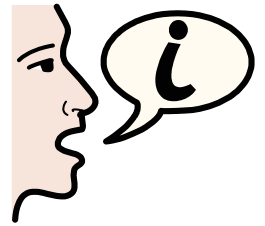
- Go into another class or group and tell other children about cyberbullying and where they can get help.
- Do a survey to find out what children in your school already know.
- Your own ideas!

Desserts

- Share your work somewhere in the community e.g. a library, community centre or another school.
- Do a presentation for parents and carers to show them what you've learned.
- Your own ideas!

Activity 2: App or game guide

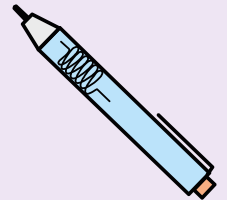
Young people know lots more than adults about online apps, websites and games. You are the experts!



This activity lets you share what you know with adults.

Things you need:

- A class or group of children and young people
- Pen and paper **or**
- A computer

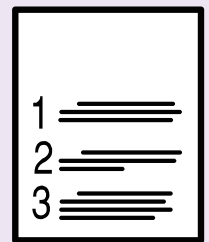


How to do it:

1. Split the group into smaller groups of 4 or 5 people.
2. Ask each group to choose their favourite app, website or online game.

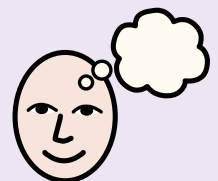
Make sure not all groups are doing the same one.

3. Ask each group to make a poster or pamphlet all about their favourite app, website or game.
4. Make sure it has lots of information, like how you can stay safe on the app and information on special words used like 'selfies'.
5. Make a photocopy of each poster or pamphlet.
6. Give them to each child or young person to take home. They can show it to their parents or carers and talk about how they stay safe online.



Other ideas:

- You could ask children to imagine they are telling an alien about their favourite app or game to make it more fun.



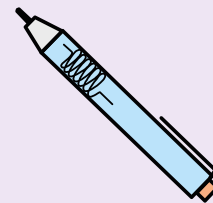
Activity 3: Sam's Shoes



This activity helps you to think about how somebody being cyberbullied feels by putting yourself 'in their shoes'.

Things you need:

- A class or group of children
- Shoe template (appendix)
- Coloured pens or pencils

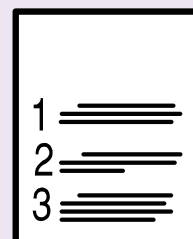


Ask an adult to be in the room in case anybody has any questions.

How to do it:

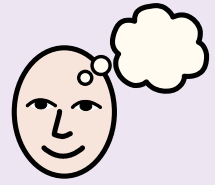
1. Tell the group to imagine somebody called Sam:

Sam is your age and is a child in your school or group. Sam is being cyberbullied or is having some bad experiences online.



2. Ask the group to put themselves 'in Sam's shoes'.
This expression means to think about how Sam is feeling.
3. Tell them to write what's happening and how Sam feels on the inside of the shoe.
4. Tell them to think about who can help Sam and write this outside the shoe.
Ask for some volunteers to share what they've written so that everybody knows where to get help if they need it.
5. Tell the group that this activity shows that sometimes children hide what's happening on the inside, but there are lots of people on the outside who can help.

Other ideas



- You could create a display of all of the shoe templates.
- You could drawing a shoe on a large piece of paper and getting everybody in the class or group to work on it.
- You could even use a real pair of shoes and decorate them! Here are examples made by a group of young artists called 'Criw Celf'.



This young artist glued words and labels to do with bullying to the shoes.

They used fiery reds and oranges inside the shoe to show Sam's angry feelings.

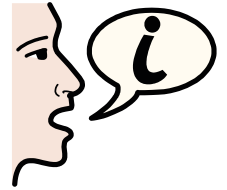


This young artist treated two shoes differently.

One was cared for and treated kindly and so the shoe blossomed.

The other shoe is ripped and torn from being bullied and treated badly.

Activity 4: Storyboard



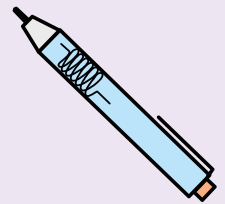
This game helps you to think about what happens when somebody is cyberbullied and how they can be helped.

The story has been developed from drama workshops with young people from Cardiff and Denbighshire.

The story was illustrated by an artist called Frank Duffy.

Things you need:

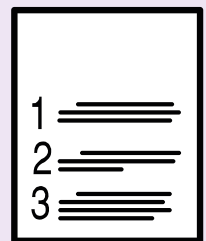
- A class or group of children and young people
- 'Sam's Story' cards (appendix)



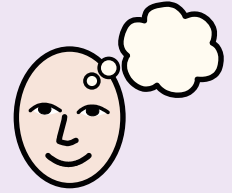
How to do it:

How to do it:

1. Divide the group or class into smaller groups of 2 or 3 people.
Give each group a set of story cards.
2. Tell the children they need to work together and think about what order the cards should go in to work out Sam's story.
3. Tell the children that when they're finished, they should look at the 'talking cards' in the set and discuss these questions. The talking cards have a green border.
 - a. What is this person doing?
 - b. What could the person/people be feeling?
 - c. What could they do to help Sam?
4. Ask each group to share what they said about one of the 'talking cards'.



Other ideas:



- You could make a video or act out the story and show what happens after Sam tells someone.
- You could create your own storyboard, showing somebody being cyberbullied and how they get help.

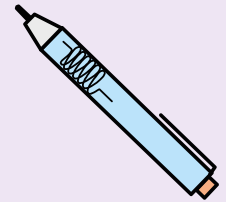
Activity 5: Cyberheroes



You can use this activity to share what you know about what happens online and how to stay safe.

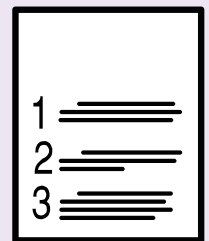
Things you need:

- A class or group of children
- Superhero template (appendix) **or** paper
- Art materials



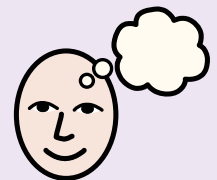
How to do it:

1. Give everyone a blank superhero page or some paper.
2. Tell them that they need to create a superhero version of themselves, who is there to help children and young people stay safe online. Here are some ideas they could include:
 - a. A catchphrase the superhero says to remind children what they need to do to stay safe.
 - b. Superpowers or a gadget which help children who are being bullied.
3. Once everybody has finished, bring all the sheets together to look at your newly assembled superhero team!



Other ideas:

- Create one big superhero as a class or group.
- You could ask someone to lie on a large piece of paper, draw around their body and turn them into a cyberhero!
- Have a competition in your school or group. The person with the best cyberhero could have them as posters around the building.
- You could make a comic strip using your superhero showing them helping a child stay safe online.



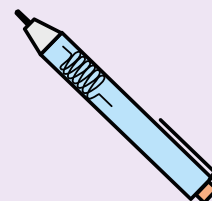
Activity 6: Stop/Start



Shout out about what things need to STOP happening online and what things need to START happening.

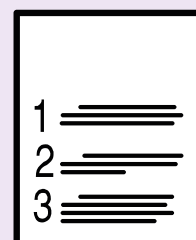
This was adapted from [AGENDA](#), a resource on gender equality which was developed by Professor Emma Renold.

Things you need:



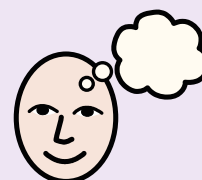
- A class or group of children and young people
- Red and green paper plates **or**
- Red and green mobile phone templates (appendix)
- Art materials
- Pegs
- String

How to do it:

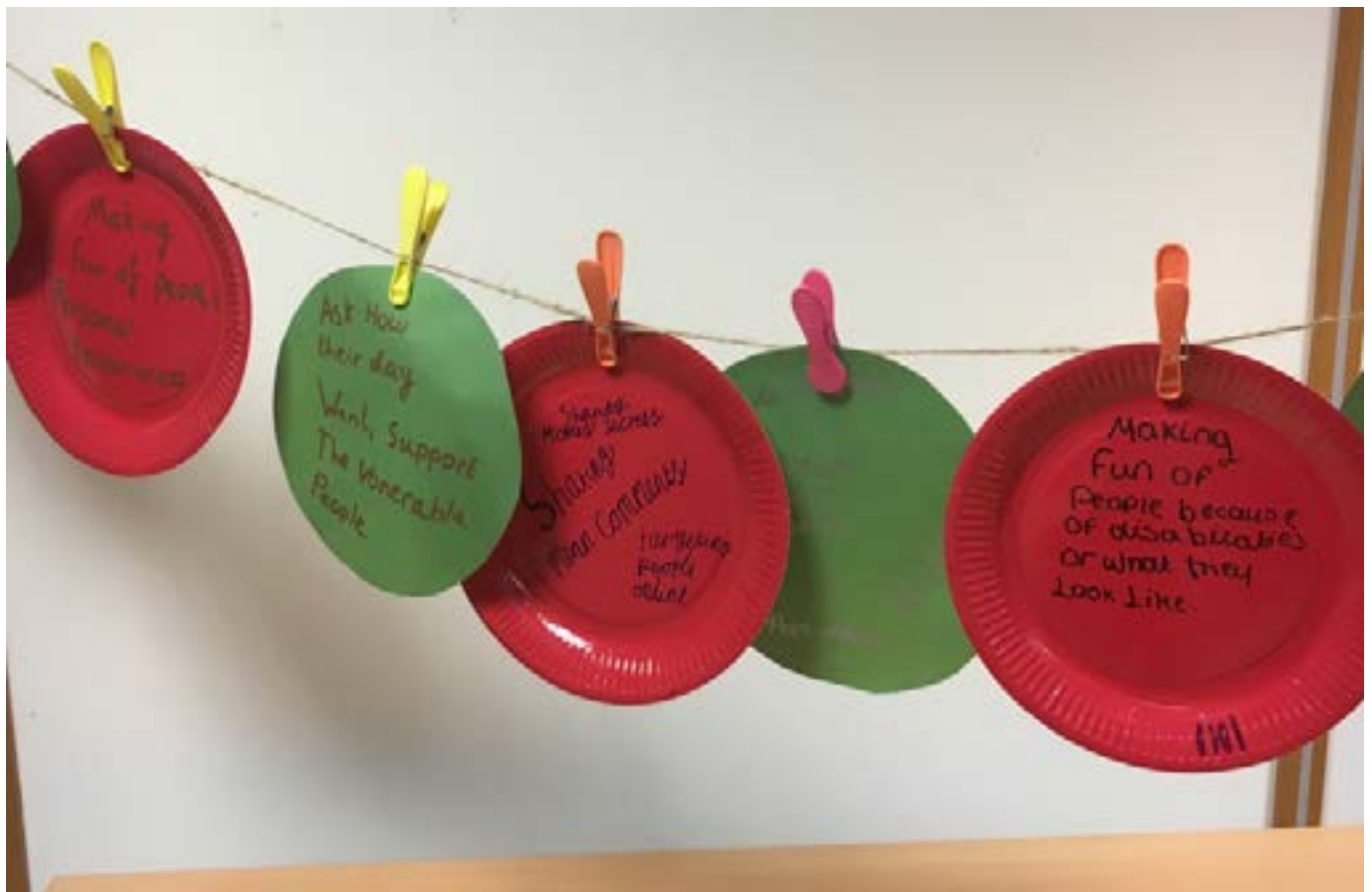


1. Give everybody one red plate or phone template and one green plate or phone template.
2. Ask the group to think of one thing they'd like to STOP happening online. Ask them to write or draw this on the red plate or phone.
3. Ask the group to think of one thing they'd like to START happening online. Ask them to write or draw this on the green plate or phone.
4. Use pegs to attach the STOP and STARTs to a long bit of string.
5. Ask everybody to read out their STOP and STARTs to the rest of the group.

Other ideas:



- Make a display of your STOP and STARTs in your school or community.
- Could other young people add their own?



Help and Support

It's important to remember that anybody facing any issues discussed in this pack know that they can get help.

You could tell a friend, parent, carer or teacher.

If you don't feel that you have had the right help then you can contact the Children's Commissioner for Wales for advice.

Freephone: 0808 801 1000

Text: 80 800 (start your message with COM)

Email: advice@childcomwales.org.uk



Our team offer free advice and support for children or the adults who care for them. They are available 9am to 5pm, from Monday to Friday.

Here are some other places you can go for advice and support:

Childline

Website (with online chat): www.childline.org.uk

Freephone: 0800 1111



Childline is a charity which is there to help anyone under 19 in the UK. Childline is free, confidential and available any time, day or night.

Meic

Website (with online chat): www.meiccymru.org/

Freephone: 080880 23456

Text: 84001



Meic is a helpline service for people under 25. They are open 8am – 12am and can be contacted in English or Welsh.

Help and Support

Here is a space for you to make a note of where you can get help and support in your school or community.

School

Make a list of three people in your school you could talk to about bullying:

1. _____

2. _____

3. _____

Home or community

Make a list of three people at home or in your community you could talk to about bullying:

1. _____

2. _____

3. _____

Appendix

