KS2
Action Pack

Actions and Activities

In this pack you will find **three actions** and **three activities**. They can be done in any order.

Actions

These are things that the group can do to make change. Teachers or group leaders should help you to do these and listen to your ideas.

- Make a plan
- App or game guide
- Menu for change

Activities

These are activities you can do with your group or other children.

Teachers or group leaders should help you but should also let you be in charge of some parts of the activity.

These activities are designed to get children to talk about cyberbullying and think about what needs to change.

- Sam's Shoes
- Dominoes
- Cyberheroes

Children's Rights

Children's rights are the things that children need to grow up happy, healthy and safe. Everybody under the age of 18 has children's rights, no matter who they are, where they live or what they believe in.

These rights are set out in a document called the United Nations Convention on the Rights of the Child (UNCRC), you can find out about all of the 42 rights you have here.

Rights can't be taken away from you as you need them to grow up. However, sometimes things in children's lives stop them from having access to their rights.

When a child is bullied, they are denied access to some of their rights, such as:

- Article 2 – You have rights no matter who you are, where you're from or what you think
- Article 6 – To life and to be healthy
- Article 8 – To a name and nationality
- Article 12 – To say what you think and be listened to
- Article 15 – To meet other children and join groups
- Article 19 – Not to be hurt
- Article 28 – To learn and go to school
- Article 29 – To be the best you can be

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.

Actions

Action 1: Make a Plan

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.

We want you to create an 'action group' to raise awareness of cyberbullying.

How to do it:

1. Any child that wants to take part should have the chance to be in the group, no matter what.
2. Once you've created your group, look at all the actions and activities in this pack. You can also use the accessible action pack if you prefer.
3. Decide which action or activity you want to do first and when the group will start this work.
4. You might like to use Action 3 (the Menu for Change) for the group to make a plan.

Things to think about:

- How will you decide who will be in your group?
  - ➔ You could have an election, you could pull names out of a hat or include everybody who wants to take part!
- If you are in a school, will you include children from every year or just one year?
- Would you need anybody else to join the group?
  - ➔ e.g. school council, teachers, group leader?
- When will you meet?
- Where will you meet?
- What will your group be called?
- How will you let people know about your group?

Action 2: App or game guide

This action helps you to share what you know about different apps, websites or online games.

The action group could do this task themselves or you could involve children from another class

Things you need:

- A class or group of children
- Pens and paper or
- A computer

How to do it:

An alien from another planet has just landed on Earth. You could even draw what you think this alien would look like.

The alien doesn't know anything about apps and games and has never used the internet before - it's your job to explain it to the alien.

1. Split the group into smaller groups of 5 or 6 children.
2. Ask each group to pick 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 to tell the alien all about their favourite app, website or game. You can either use a computer or make one by hand.
4. Make sure it has lots of information as the alien will never have used the internet before! You can include things like how you stay safe on the app and even about special lingo like 'selfies'.
5. When you are finished you can photocopy each poster/pamphlet and send them home with each child. They can show it to their parents or carers and talk about how they stay safe online.

Action 3: Menu for change

Can your group create a 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 this to a teacher or group leader and discuss the ideas that you have with them. This can help your group plan what to do next.

Things you need:

- Pen and paper **or** a computer to create your menu for change

How to do it:

1. **Starters**

In this bit, make a list of things that would be quick and easy to do such as:
- Put up posters around your school or setting that tell children what to do if they think they are being cyberbullied.
- Make a list of things you should do to stay safe online.
- Your own ideas!

2. **Mains:**

In this bit, make a list of things that will take a bit longer and will need some help from an adult, such as:
- Go into another class or group and tell other children about cyberbullying and where they can get help.
- Make a 'worry box' so children can share their worries with a teacher or adult.
- Your own ideas!

3. Dessert:

In this bit, put your wishes for the future and what you'd like to see change in your school and community, such as:

- 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!

Activities

Activity 1: 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

You should ask a teacher or group leader to be in the room in case anybody has any questions.

How to do it:

Tell the group about an imaginary character called Sam. Tell them:

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

1. Ask the group to put themselves 'in Sam's shoes'. This is an expression which means to think about how Sam is feeling.
2. Ask them to think about what could be happening to Sam.
3. Tell them to write down what's happening and how Sam feels on the inside of the shoe.
4. Then, tell them to think about who can help Sam and write this outside the shoe.
5. Ask for some volunteers to share what they've written with the rest of the group so everybody knows where to get help.

Tell the group that this activity shows that sometimes children hide what's happening on the inside, but that there are lots of people on the outside who can help.

Other ideas:

- You could create an art display made out of all of the shoe templates.
- You could do the activity as a class or large group by drawing a shoe on a large piece of paper and getting everybody to work on it.
- You could even use a real pair of shoes and decorate them with words and images! Here are some 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 2: Dominoes

This game helps children to think about how serious cyberbullying can be and what could be done to help. The story has been developed from workshops with young people from Cardiff and Denbighshire.

The illustrations in the story cards were made by Frank Duffy.

Things you need:

- A class or group of children
- Story cards (appendix)

How to do it:

1. Divide the group or class into smaller groups of three children.
2. Give each group a set of the story cards.
3. Make sure each child has four cards each.
4. Tell the children they need to work together and play a game of dominoes. This means they will need to work out which order the cards go in to tell the story.
5. There are some 'talking cards' in the set with a green border. Tell the children that when a 'talking card' is placed, they need to stop and discuss these questions.
   a. What is this person doing?
   b. What could the person/people be feeling?
   c. What could they do to help Sam?
6. Once everybody has finished their game, ask each group to share what they said about one of the 'talking cards'.

Other ideas:

Here are some ideas for taking it further:

- Create a list of everybody's solutions, you could use this to make a poster or tips list to display in your school or setting.
- You could perform or make a video acting out the scenario in the story and show what happens after Sam tells someone.
- You could create your own version of the game using words or images and get other children to play.

Activity 3: Cyberheroes

You can use this activity to share what you know about what happens online and how to stay safe. You can show parents, carers, teachers or other children your superhero.

Things you need:

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

How to do it:

1. Give each child a blank superhero sheet
2. Tell them that they need to create a superhero version of themselves, who is there to help children 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 special gadget that can help children
3. Once everybody has finished, bring all the sheets to together to look at your newly assembled superhero team!

Other ideas:

- Create one big superhero as a class or group. You could ask for a volunteer 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 which remind children how to stay safe.
- You could make a comic strip using your superhero to tell a story about them helping a child stay safe online.

Help and Support

It's important to remember that anybody facing any issues discussed in this pack, or during the activities and actions, know that they can get help.

Remember if you can, tell someone you trust. It could be a friend, parent, carer, teacher or group leader.

All schools in Wales have anti-bullying and behaviour policies which are there to make sure that all bullying online and offline is dealt with properly.

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

Children's Commissioner for Wales

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

Freephone: 0808 801 1000

Text: 80 800 (start your message with COM)

Email: advice@childcomwales.org.uk

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

Childline

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

Website (with online chat option): www.childline.org.uk
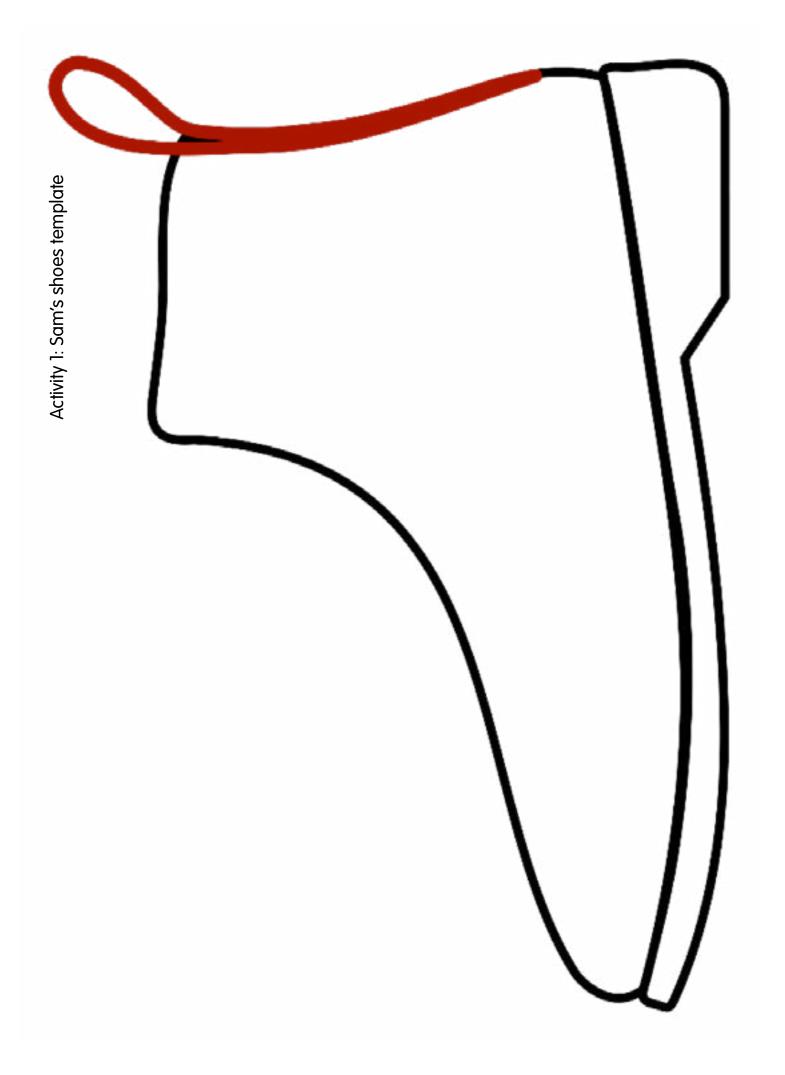
Freephone: 0800 1111

Meic

Meic is a helpline service for children and young people up to the age of 25. They are open 8am to midnight, 7 days a week, and can be contacted in English or Welsh. You can contact them by phone, text and instant messaging. Meic is confidential, anonymous, free, and just for you.

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

Freephone: 080880 23456

Text: 84001

Appendix