



Anti-Bullying Week

An assembly on the Monday launches Odd Sock Day, then four themed lunchtimes: swapping seats at lunch, friendship bracelets, a group chat pinned to a wall for students to mark where it went wrong, and a positivity tree. Underneath it all it is a week about noticing who is on their own.

Before you start. A week like this brings things to the surface. Before Monday, make sure everyone running a lunchtime knows who to pass a disclosure on to. The assembly ends on a reporting slide: fill in the named member of staff and your reporting route before you show it.

Print these

Page	What it is	How many
Page 2	What each day needs, and the shopping list	One, for you
Page 3	Running each day: the things that go wrong if nobody has thought about them	One, for you
Page 4	How to make a bracelet (Wednesday)	One per table
Page 5	Leaves for the positivity tree (Friday)	As many sheets as you have students, six to a sheet
Page 6	Table topic cards (Tuesday)	One card per table
Pages 7 to 10	The group chat, three sheets, and the four wall prompts (Thursday)	One set, printed as large as you can

How it works

Step	What happens
Before the week	Book the assembly and the spaces, fill in every square bracket in the slides, do the shopping and the printing, and tell form tutors about odd socks and canteen staff about Tuesday.
Monday	The assembly launches the week. Odd Sock Day needs nothing else from you.
Tuesday	Mix-It-Up Lunch. A topic card on every table in the hall, and students sit somewhere new.
Wednesday	Friendship bracelets at lunch. Students make two: one to keep and one to give to somebody who would not expect it.
Thursday	The group chat goes up on a wall with the four prompts around it. Students add sticky notes where they think it went wrong.
Friday	The positivity tree. Students write something good about somebody on a leaf and hang it up, unsigned.

Worth knowing

- The only things to buy are embroidery thread, beads and string; everything else prints from this pack. Each lunchtime day needs one member of staff and about forty minutes, and each day stands on its own, so if one falls through the rest of the week still works.

One week will not fix it, but five days of noticing who is on their own is a start.





What each day needs

Two shopping trips and one long printing session. Nothing else has to be bought.

Day by day

Day	What happens	What you need	Who runs it
Mon	Odd socks with uniform, all day.	Nothing. Tell form tutors on Friday.	Form tutors
Tue	Topic card on every table in the hall. Sit somewhere new.	Table cards, page 6. Print, cut, one per table.	Duty staff
Wed	Make two bracelets at lunch: one to keep, one to give away.	Embroidery thread and beads. Method on page 4.	Two staff, one room
Thu	The group chat on a wall. Students annotate it.	Pages 7 to 10, printed large. Sticky notes and pens.	One member of staff
Fri	Write something good on a leaf, hang it up.	Leaves from page 5, string, a tree or a board.	Student volunteers

The shopping list

What	Roughly how much	Worth knowing
Embroidery thread	20 to 30 skeins, mixed colours	Each bracelet takes three lengths of about 60cm. One skein does two or three.
Beads	One large mixed tub	Large holes matter more than the look. Pony beads thread easily; seed beads do not.
Sticky notes	Two or three pads	For Thursday. Small ones stop anyone writing an essay.
String or twine	About 20 metres	For Friday, to hang the leaves. Garden twine holds a paper leaf fine.
Card	About 20 sheets of A4	Leaves and table cards last better on card than paper. 160gsm if you have it.
A hole punch	One or two	For the leaves. Set them out on Friday and let students punch their own.

One trip, not four. Thread and beads are the only real spend, and a set will do a form group of thirty with plenty left over. Ask around: somebody in the art department almost always has both already.



Running each day

Short notes on the things that go wrong if nobody has thought about them.

Monday: Odd Sock Day

The only thing that goes wrong here is staff not knowing, and a student getting pulled up on uniform for taking part. Tell form tutors on the Friday before, and again on Monday morning. Wear odd socks yourself, visibly. A member of staff doing it is worth more than the assembly.

Tuesday: Mix-It-Up Lunch

Put one card on every table before lunch starts. Do not force anybody to move: the students who most need this are the ones who will bolt if pushed. Duty staff can seed it by sitting down at a half-empty table themselves. Expect the first ten minutes to look like a failure and the next twenty not to.

Wednesday: Friendship Bracelets

Cut the thread into 60cm lengths beforehand. Doing it live eats the whole lunchtime. Two members of staff is enough for about thirty students, and last year group who already know how to plait will teach faster than you will. The second bracelet is the point: name it every few minutes, or everybody makes two for themselves.

Thursday: The Group Chat

Print pages 7, 8 and 9 as large as your printer allows and put them side by side, or project the chat. Pin the four prompt cards from page 10 around it. Somebody will write something silly on a sticky note. Take those down and leave the rest. Read what is there at the end of the day: it will tell you more about your year group than a survey would.

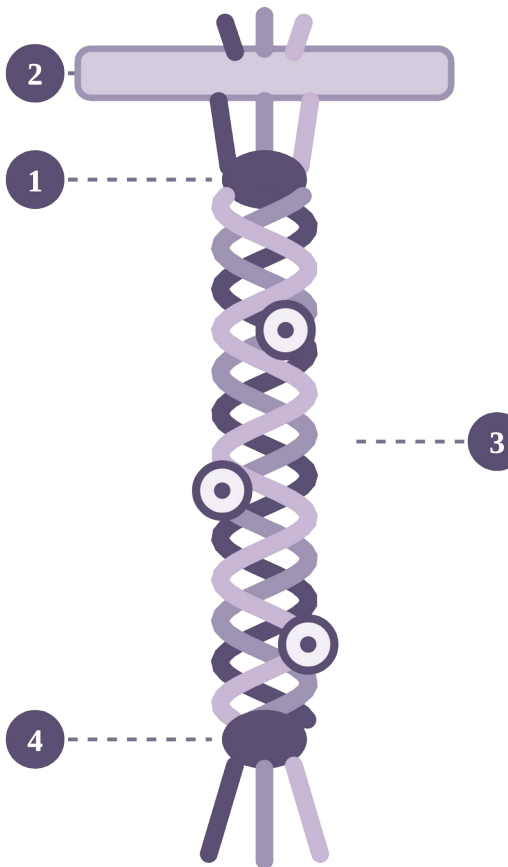
Friday: The Positivity Tree

Leaves are unsigned, so nobody is on the hook for what they wrote, but read them as they go up. If the tree is outside, tape beats string in the wet. Leave it up for a fortnight afterwards. The week ends on Friday, the display does not.



How to make a bracelet

Print this and put it on the tables. Three threads, a plait, and beads.



1. Knot the threads.

Take three lengths of about 60cm, line up the ends, and tie one knot about 10cm down.

2. Tape it down.

Tape the knot to the table, or pin it to your knee. Nothing works if it moves.

3. Plait, and add beads.

Left over middle, right over middle, repeat. Every few centimetres, thread a bead onto whichever strand is on the outside.

4. Knot the end, then tie it on.

Stop when it goes round a wrist with a bit to spare. Knot it, trim the ends, and tie it on with the loose thread.

Two, not one. Make two. One stays on your wrist and one goes to somebody who would not expect it from you. That second one is the whole reason this is happening on a Wednesday in November.



Leaves for the positivity tree

Six to a sheet. Cut them out, punch the corner, and hang them with string.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.



PUNCH HERE AND HANG IT UP

Something good about somebody here:

Do not sign it.





Table topic cards

Eight to a sheet. Cut them out and put one on every table before lunch.

MIX-IT-UP LUNCH

What is something you are good at that nobody at this table knows about?

MIX-IT-UP LUNCH

If you could add one subject to the timetable, what would it be, and who would teach it?

MIX-IT-UP LUNCH

What is the best thing you have watched or read this year, and why should we all bother with it?

MIX-IT-UP LUNCH

What is something you have completely changed your mind about since Year 7?

MIX-IT-UP LUNCH

One free plane ticket, no phone for a week. Where are you going?

MIX-IT-UP LUNCH

What is a small thing that reliably makes your day better?

MIX-IT-UP LUNCH

If this school could keep only one club or team, which one should survive?

MIX-IT-UP LUNCH

What is the strangest thing you were completely certain about when you were six?





The group chat, sheet 1

Three sheets, printed as large as your printer allows and put side by side. You are looking at the phone of Priya, so her messages sit on the right. Change any name that matches a student in your year group, and swap any word that has dated by the time you run this. The chat still works.

JAY
whos coming sat

SAM
me

KAI
yh im down

PRIYA
what time

JAY
like 2 ish

TEE
same

JAY
aight thats everyone then

PRIYA
rowan?

JAY
nah not this one

SAM


PRIYA
why not

JAY
hes just a bit much innit

KAI
fr he yaps so much





The group chat, sheet 2

Print it beside the last one so the whole thing reads as a single chat.

SAM

bro talked for ten minutes in english
about a DOCUMENTARY

KAI

NOT THE DOCUMENTARY 🦴

TEE

im actually crying

SAM

he said it was genuinely fascinating 🤩

KAI

nahhh why is he like this

JAY

minus 1000 aura

TEE

hes so cooked

KAI

bro thinks hes the main character 🦴

MO

hes not done anything to any of you tho

SAM

allow it its banter

KAI

yh chill out

JAY

hes not even in the chat he cant see it





The group chat, sheet 3

Print it beside the last one so the whole thing reads as a single chat.

MO

thats worse?? not better??

SAM

why are you being so deep rn

KAI

mo relax its jokes 🤔

PRIYA

hes gonna ask about sat tho 🙄

JAY

just say it was last minute

TEE

this is long

MO

im out

Mo left the group

KAI



JAY

anyway. 2pm

SAM

cool

Priya is typing...





Prompts for the wall

Four to a sheet. Cut them out and pin one at each corner of the chat. The question underneath all four: nobody in that chat has hit anybody, so is anybody being bullied?



Where does it stop being a joke?

Put your note on the exact message where it changes. Two people will not agree.



“He is not even in the chat.”

Jay thinks that makes it fine. Does it? Rowan will never see a word of this.



Mo says something, then leaves.

It changes nothing and the plans carry on. So was it worth saying? What would you have done, and when?



Priya is still typing.

She asked why, twice, and then read all of it. Is that the same as joining in?