

TOPIC PACKS · Y1-Y6

Anti-Bullying Week

Five days about what it is, what to do, and how class culture matters

About this pack — read first

Day 1 — What bullying actually is



Day 2 — What to do if you see it (bystanders)

Day 3 — What to do if you're targeted

Day 4 — Why does bullying happen?



Day 5 — Building our class culture

Bullying vs unkindness vs conflict — quick check

Situation	What is it?	What to do
A friend was rude once	Unkindness	Talk about it. Sometimes apologise.
Two children disagree fiercely about a game	Conflict	Mediate. Both kids may need to compromise.
One child consistently leaves another out for weeks	Bullying	Adult must intervene.
A child is repeatedly called a name they hate, despite asking it to stop	Bullying	Adult must intervene.
One-off pushing in a heated moment	Unkindness / conflict (not bullying)	Address it. Both children apologise.
Online messages that are repeatedly cruel	Bullying (cyberbullying)	Save evidence. Tell adult. Block sender.
Being teased in a friendly way that everyone laughs at including target	Banter, probably fine	Check in privately if target seems uncomfortable
Spreading rumours about another child for weeks	Bullying	Adult must intervene.



For class teachers — what actually reduces bullying

