



#There4Every1: Being there in real life

Secondary School Resource

 www.anti-bullyingalliance.org.uk

Part of the family
NATIONAL CHILDREN'S BUREAU

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Introduction

Almost 1 in 4 children experience bullying.

In a typical secondary classroom, that could mean several children are affected.

And bullying doesn't just affect the person being bullied - it also impacts those who witness it and, often, the child who is doing the bullying. That's why the Anti-Bullying Alliance has launched the #There4Every1 campaign.

To support meaningful conversations around this important message, we have created the following secondary school resource.



#There4Every1: Being there in real life

Age range: 11-16

Time: 20-30 minutes

Audience: Tutor time, PSHE or assembly follow up

Focus: Speaking up, peer responsibility and collective action

Purpose

This activity helps young people explore what "being there for everyone" actually looks like in their school and how students themselves can create a culture where speaking up about bullying is normal and supported.

As the adult delivering the session

- Read through the contents of these resources and video to ensure they are suitable for your students.
- Consider any students who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session.
- Be aware of any changes in participant behaviour during the session as this may highlight a bullying-related issue.
- Try to avoid students from disclosing personal information or specific incidents during the session but remind them an adult will be available to talk to them afterwards.



Step 1: The statistic and reflection (5 mins)

Share the statistic clearly:

"Almost 1 in 4 young people experience bullying."

Ask students to reflect silently:

- What does that statistic mean in a school like ours?
- Who might be affected that we do not always notice?

Emphasise that bullying often goes unseen and unspoken.

Step 2: Student led discussion groups (10 mins)

In small groups, students discuss:

- What stops young people from speaking up about bullying?
- What helps someone feel safe enough to speak up?
- Who do students actually talk to when something is wrong?

Encourage students to focus on real experiences rather than hypothetical scenarios.



Step 3: "Be there actions" challenge (10 mins)

Each group agrees **one realistic action** students could take to be #There4Every1 in their school.

This must be:

- Student led
- Practical
- Something they would actually do

Examples might include:

- Checking in on someone who has gone quiet
- Challenging unkind behaviour in a safe way
- Supporting a friend to speak to a trusted adult
- Sharing where to get help

Groups write their action on a card or shared document.



Step 4: Speaking up commitment (5 mins)

Ask students to complete one sentence privately:

"One way I can be there for someone is..."

This is not shared unless students choose to.

Reinforce: Speaking up does not mean handling bullying alone. Being there means listening, supporting and getting help.

Closing message for staff to reinforce

"Almost 1 in 4 young people experience bullying. Change does not come from silence. It comes from people choosing to be there for each other. That is what #There4Every1 means."

REMINDER



During the session, make sure students are taught:

- How to report bullying or anything they are worried about
- That there are people who care and can help if they are struggling with a bullying-related issue
- Where to find their school's/youth setting's Anti-Bullying Policy



Let's unite against bullying - Join a growing movement of over 230 organisations and individuals who are proud to stand with the Anti-Bullying Alliance. Become a member today!



Stay up to date - Join the thousands of people that have signed up to receive our free newsletter for people that work in and with schools and colleges.



Consider making a donation - Every child deserves to grow up safe, happy, and free from the fear of bullying. But we can't achieve that without you. Donate today, and be part of the movement to end bullying for good.



Take it further - Continue your anti-bullying journey through our training and programmes. Sign up for our online CPD training, United Against Bullying Programme, Belonging Matters Programme and more!



About the Anti-Bullying Alliance

We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

- Supporting learning and sharing best practice through membership.
- Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns.
- Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives.

ABA is based at leading children's charity the National Children's Bureau.

We'd like to extend a massive 'thank you' to Seed Animation Studio for creating the #There4Every1 campaign video.

Please share your activity with us on social media!



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