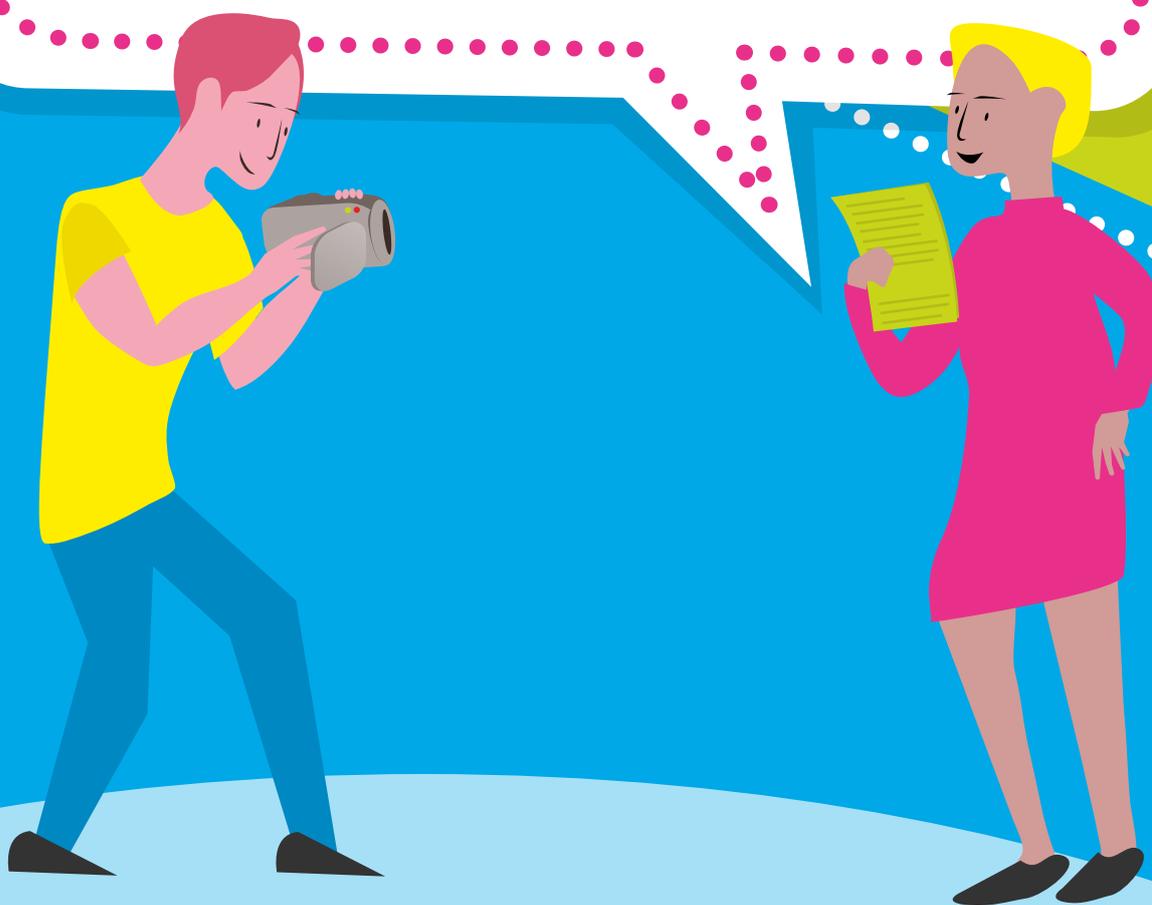


# What made it better?

What made it better for you,  
might make it better for them.

Young Filmmaker Competition: Primary Age Group Winning Film  
Anti-Bullying Resource 2022



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## SAFEGUARDING

Talking about bullying can be sensitive and can be an emotive subject that can trigger some difficult feelings. Share information with your group on where they can seek support or who they can talk to if they are in any way affected by the session. They can also contact Childline Scotland on 0800 1111 or via webchat to speak to someone anonymously.

## INTRODUCTION OF CAMPAIGN

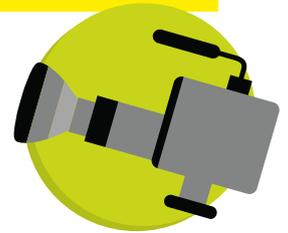
### respectme campaign 2020/2021: What made it better?

respectme's anti-bullying campaign '**What made it better?**' set out to explore the approaches that helped people respond to bullying behaviour, as well as providing a platform for young people and adults to feed into anti-bullying solutions.

### Young Filmmaker Competition

respectme teamed up with The Royal Conservatoire of Scotland's Junior Conservatoire of Film to launch a Young Filmmaker Competition for Primary aged children (between P4-P7) and Secondary age young people under 18 as part of the '**What made it better?**' campaign.

The competition provided a creative platform for children and young people to look through the lens at bullying from a young person's perspective with the support of adults, to share what helped them or others as well as creating new and important discussions about bullying and how the behaviour and actions affects those involved. The response was positive, after shortlisting films we went on to announce and celebrate three imaginative and original anti-bullying films made by young people.



## FACILITATOR NOTES AND CONTEXT

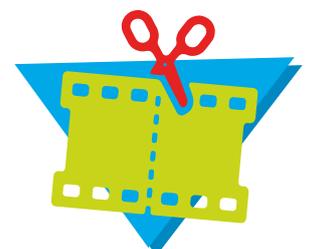
This learning resource has been created for use with young people in a classroom or in a youth group setting.

It has been designed for use alongside our winning Primary Age Group film 'Tell Someone', produced by pupils from Underbank Primary School, Carluke. To watch the film [click here](#) to our YouTube page.

This short video can be explored comprehensively in one 50 minute session. You may wish to use the notes in sections as indicated, or you may wish to pick and mix from the various sections to adapt to the time you have available.



This video is designed to be used as a tool to promote discussion. It aims to raise awareness with young people of the nature of bullying behaviour and its impacts, and to show that young people are not alone in experiencing bullying.



The key message from this resource is the importance of breaking the silence around the experience for those who have experienced bullying, and that the first step in overcoming bullying, for many young people, is to talk to a trusted adult.

This video is created by and for young people, and does not explore the full range of options for a young person who is experiencing bullying. Therefore, it is important that these are also raised and discussed as alternatives, particularly for young people who may feel that friendships are difficult and complex or who don't feel ready to talk to an adult about the bullying they are experiencing.

## SECTION 1: Key actions and discussion points

### STEP 1

Introduce the video as a resource that is designed to help people think about what bullying is and how it can make people feel.

### STEP 2

Note that the video has some distressing themes and offer young people a safe space/person to follow-up with if any upset arises.

### STEP 3

Show the video in full before the discussion.

### STEP 4

Ask the young people how the video made them feel and what their initial thoughts are. This may be prompted by questions such as;

- ▲ What did you understand about how the children experiencing bullying in the video felt?
- ▲ What kind of things were happening to them?
- ▲ What did you feel about the soundtrack?
- ▲ Was it important that there was no speech or dialogue in the film?
- ▲ What did you think of the ending?
- ▲ What overall message did the video leave you with?

## SECTION 2: Key actions and discussion points

Show the film again, pausing at moments to allow the young people to reflect. They may wish to take notes or to discuss with each other. Suggested questions to facilitate further discussion are included below.

- What statistic is given at the start of the film?
- Do you find this surprising?
- Why do you think so many young people are reluctant to tell an adult if they have experienced bullying?
- What does the boy write in the note that is then passed around the class?
- How does the music change as the note is passed?
- Why do you think he does this?
- Do you think something might have happened earlier to make him want to write this, or do you think sometimes there is no clear reason when people behave in bullying ways?
- When the girl receives the note, how does she react?
  - ◆ How do you think the girl feels when she reads the note?

- Has there ever been a time when you have felt the way the girl does here?
- Has there ever been a time when you have upset someone else by your behaviour?
- We then see two other examples of bullying behaviour:
  - ◆ What happens to the girl in the toilet?
  - ◆ What happens to the boy on the basketball court?
  - ◆ Do you think these are examples of ways that people are typically bullied?
  - ◆ What other common types of bullying are there?
- What messages do the group of children read on the anti-bullying posters?
- What do they decide to do?
- Has your school ever made anti-bullying posters?
- What would be the most important advice you would give to someone who has been bullied or who is shown bullying behaviour towards others? What do you think both groups need to hear most?
- Do you think that sometimes those who behave in a bullying way may also have felt bullied themselves?
- Although we can't hear "Miss Lloyd", what do you imagine she might be asking or saying to the children?
- What do you think it is helpful for adults to do when children/ young people tell them about incidents of bullying?
- What things might adults say or do that are less helpful?
- How have the children's facial expressions changed as they leave her office?

## PLENARY DISCUSSIONS

### SECTION 3: Key actions and discussion points

At this point you could come back to the purpose of the film, sharing with them that Underbank Primary School made the film in response to respectme's call for young filmmakers to share their ideas on the topic of respectme's anti-bullying campaign '**What made it better?**'.

You could ask the group for their thoughts and ideas on this topic, covering various options to cope with or respond to bullying.

- How does telling a trusted adult help the person who has experienced bullying to feel different?
- What practical things do you think they can help to do to change the situation/ address the issue with the person who has been behaving in a bullying manner?
- What do you think is the most important thing for the person who has been displaying bullying behaviour to understand or realise?
- Do you think that sometimes those who behave in a bullying manner need help or support too?

## FURTHER INFORMATION

There is an accompanying video on the respectme YouTube channel, titled 'Bullying: What Can I Do?', which also has additional guidance/facilitator notes.

Click on the link below to visit the awareness raising video section of respectme's website <https://respectme.org.uk/resources/videos/>

