

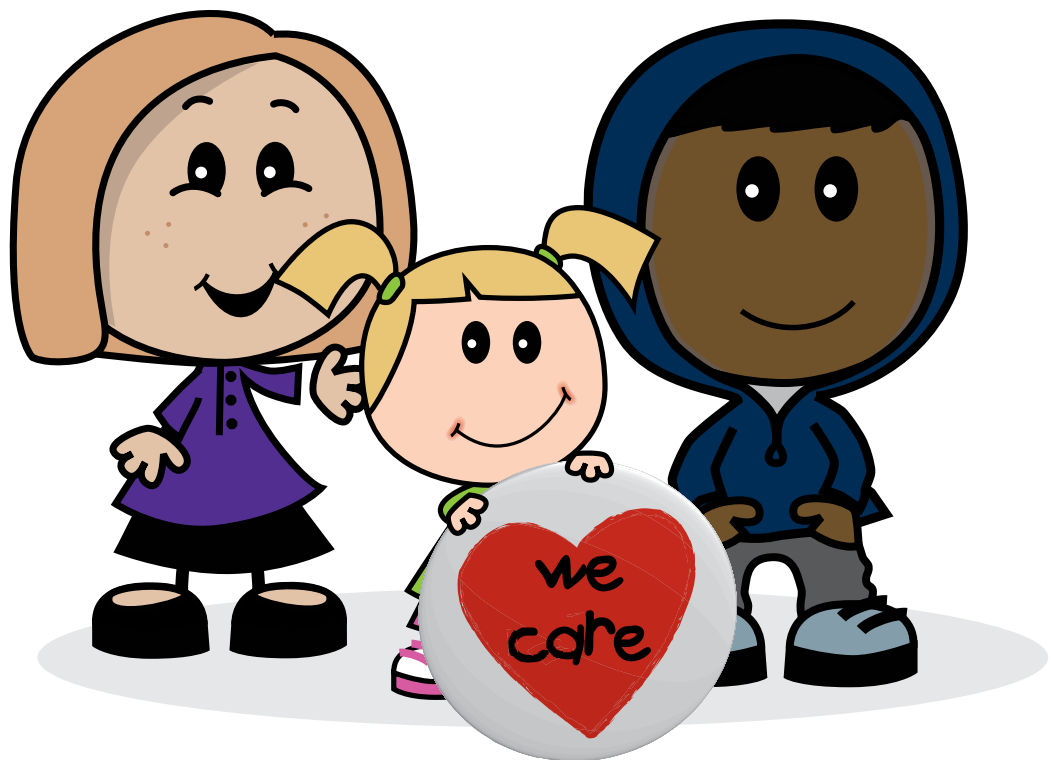
The Get up and Go Care and Share activity pack

Believe in
children



Barnardo's

For members
aged 5 - 8



Care and Share Challenge

Beating the bullies

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Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605

Introduction



Get Up and Go!

Barnardo's is very proud to be a charity partner of The Boys' Brigade Get up and Go appeal. Barnardo's believes in children – no matter who they are, what they have done or what they have been through. Whatever the issue; from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; poverty to homelessness, we know that with the right committed support and a little belief, even the most vulnerable children can turn their lives around.

This activity pack has been developed to raise understanding and awareness of some of the issues that Barnardo's helps and supports children, young people and their families to overcome each year, and to encourage Boys' Brigade members to get involved and make a difference.

What is the Care and Share Challenge?

The Care and Share Challenge is a creative and fun activity which is closely linked to our work on anti bullying. Your members will learn the importance of being a good friend and supporting others whilst also raising vital funds which will help Barnardo's work with children seriously affected by bullying.

Being bullied is a frightening experience and can cause low self esteem and feelings of isolation. Some bullying can have negative long-term effects on children, leading to depression and even suicidal thoughts and actions. Through the Care and Share Challenge we hope to help your members gain a greater understanding of the experiences of bullied children and young people, whilst also learning how to develop positive friendships and protect themselves against different forms of bullying.

Taking part in the Care and Share Challenge activity is easy, fun and rewarding. We have provided leaders notes, worksheets and activities which we hope will motivate and inspire your members to learn about the effects of bullying. Whilst taking part in the fundraising activity and creating their Care and Share badge, they can help combat the isolation and loneliness of a bullied child.

Please help

Voluntary funds are vital to Barnardo's: last year we spent over £174 million on over 400 services for children. We really need your help and support so that we can continue to help some of the most vulnerable and disadvantaged children and families in the UK.

Please encourage your members to support Barnardo's and together we can raise funds to ensure those who desperately need Barnardo's help continue to receive the support they need.

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Leaders' notes

Your guide to the Care and Share Appeal

The aim of the Care and Share Challenge is for your members to understand the value of friendships and to understand why we should be friendly and make people happy.

Obtaining your Care and Share badges

You can order your badges by emailing your contact details and the number of badges you require to: community.fundraising@barnardos.org.uk

Part 1 – Being a good friend

- Go through the questions on the worksheet with your members and encourage them to discuss their ideas.
- Set the children their challenge, which is to be a good friend to someone every day of the week. They should ask people to sign their activity sheet to say they have been a good friend.
- For a more challenging activity, ask them to be friendly to at least one person they don't know very well.
- Ask them to take home their Care & Share Challenge activity sheet, donation form and Dear Parent/Carer letter to get family and friends to sponsor them to be a good friend all week.
- Ask the children to fill in the rest of the 'My friends' workbook to reinforce what they have learnt.

Part 2 – Designing a friendship badge

- Ask the children to design badges to give to friends. These should make friends feel happy during the week and show them how important they are.
- Use the 'Making a badge' sheet to give them ideas and show them some sample badge designs. Show the children what they can use to design their badges. Have a box of old magazines, colouring pens, glitter and other items prepared.
- Supervise the badge-designing. Make sure that children are using scissors and glue safely.
- Ask the children to choose their favourite design to make a real badge.
- Give them the blank badge and supervise the badge-making.
- Discuss whether family and friends thought it was a good activity.
- Ask the children to choose a winning badge design.
- Display the badges on the classroom wall.



Cyber bullying

The Government defines bullying as: 'Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally'. Bullying has traditionally happened face-to-face but cyber bullying is a growing problem and one which has devastating consequences, as the victims are unable to escape harassment and even their own home is no longer safe.

Why do cyberbullies do it?

There's no simple answer to the question of why some people choose to cause pain to others by bullying them. There are lots of possible reasons, but here are some common ones:

- some people who cyberbully think that they won't get caught if they do it on a mobile phone or on the internet
- the people who cyberbully are jealous, angry or want to have revenge on someone, often for no reason at all
- some bullies are very unhappy and may have a difficult home life, so they take out their own distress on their victims
- cyberbullies often think that getting their group of friends to laugh at someone makes them look cool or more popular
- some people also bully others as a form of entertainment or because they are bored and have too much time on their hands
- many do it f



What forms can Cyberbullying take?

There are lots of different types of cyberbullying.

These are the main ones:

Email

Emails can be sent directly to a single target, or to a group of people to encourage them to become part of the bullying. These messages or 'hate mails' can include examples of racism, sexism and other types of prejudice.

Mobile phone

This can take the form of humiliating and abusive texts or video messages, as well as photo messages and phone calls on a mobile phone. This includes anonymous text messages over short distances using Bluetooth technology and sharing videos of physical attacks on individuals (happy slapping).

Instant messenger and chatrooms

Bullies can send instant messenger and chatroom messages to friends or direct to a victim. Others can be invited into the bullying conversation, who then become part of it by laughing.

Social networking sites

Profiles can be set up on social networking sites to make fun of people. By visiting these pages or contributing to them, other people become part of the problem and add to the feelings of unhappiness felt by the victim.

Abusing personal information

Many victims of cyberbullying have complained that they have seen personal photos, emails or blog postings posted where others could see them without their permission. Social networking sites make it a lot easier for web users to get hold of personal information and photos of people. They can also get hold of someone else's messaging accounts and chat to people pretending to be the victim.



Bullying links

www.childline.org.uk

Provides help and advice on lots of topics, like bullying, exam stress, racism, self harm and safe surfing to help you keep safe when on the net. You can also download a bullying diary.

www.bullying.co.uk

Advice about what bullying is and what to do if you're being bullied.

www.kidscape.org.uk

Useful information about being bullied and how to prevent it.

Facts and figures

- On average, those who reported having been bullied did substantially worse in their GCSEs than those who did not.
- Those who reported having been bullied were twice as likely not to be in employment, education and training (NEET) at age 16.
- More than four fifths of young people with a statement of educational needs or a disability that affected their schooling reported having been bullied, compared with under two thirds for other young people.
- Many victims of bullying are already vulnerable: they may be in remedial classes, statemented, have fewer friends, disabled, experiencing family crises/distress/neglect, be from minority ethnic groups, short, obese etc.
- Bullies often hide a deeper problem and may be bullying for a reason such as domestic violence (copying adult behaviour), or direct abuse.
- Bullying occurs everywhere, including the playground, beyond the school gates, via text messages and in the home amongst siblings.
- There are many different types of bullying; verbal, physical, social, psychological and cyberbullying are a few.

Case study

Kristopher

Not everyone has good friends. Kristopher is just one of thousands of children around the country who are bullied. Kristopher was having a lot of problems at school. By the age of 11 he had been sent home several times for really bad behaviour.

Kristopher was sad, angry and lonely most of the time: he told Barnardo's he was being bullied. Children who are bullied have little confidence, not many friends, spend their play time alone, and often are very worried and angry. They sometimes take their anger out on other people, making it even harder to make friends. He couldn't tell his teacher – he thought the other children involved would have just hurt him even more. He was also too scared to tell his mum, knowing that she would have spoken to the school. So, unable to concentrate his behaviour got worse. He had the worst report of anyone in his class. His behaviour was similar at home, and his mum was finding it difficult to cope. If things had continued like this, Kristopher might have had to leave his family and school and move somewhere else, all because he was being bullied and didn't know how to ask for help.

Barnardo's came to meet Kristopher through a local project which provided him with someone he could talk to about his worries. The Barnardo's team worked with Kristopher to make sure he could stay with his family and in the school that he knew. They understood where his naughty behaviour came from, and helped him to change the way he behaved, deal with the bullying and make friends.

'Things have changed a lot since I've had someone to talk to,' said Kristopher. 'The bullying isn't really happening now because they know I'll say something.' Teachers at the school are delighted with the changes in Kristopher. Now that Kristopher has changed his behaviour and is less angry, he has also been able to make friends who look out for him. Kristopher has come a long way over the past few months. Kristopher said: 'I think I would have been asked to leave school for good if it wasn't for Barnardo's.'

Making and keeping friends is a very good way of making sure you don't get bullied. But if you do get bullied, what do you think you should do? Don't keep it to yourself, tell someone. Your teacher is always ready to listen to you if you have any worries.

How we help

- Barnardo's provides direct support and counselling to children excluded from mainstream education due to bullying.
- Barnardo's runs eight schools and a further five education projects which provide a range of services, including support to head teachers, parents and SEN (Special Educational Needs) co-ordinators, and mentoring for secondary school children.
- Barnardo's supports Learning Through Action - a charity running programmes on bullying in schools that works with children, staff and parents using techniques like role play and interactive drama.

A Barnardo's shopping list

There are lots of things we would like to be able to do to make a real difference to the life of a bullied child. The money you raise through the Care and Share challenge could help us to set up any of the following:

Friendship clubs – a safe place where children can go without fear of bullying or harassment. This offers the opportunity to have fun, build confidence and develop friendships, allowing them to enjoy just being a child again.

Confidence building training – bullying can shatter a child's confidence and have far reaching effects that last well into adulthood. By providing a child with confidence building sessions we can teach them to cope with what has happened and develop the confidence and resilience to overcome the trauma.

A confidential helpline – this could give a bullied child the chance to speak out and get the confidential advice and support they need to tackle the issues they are facing.

Training to support peer mentors or advocates – having someone that they can trust to talk about their problems is essential for a young person who is being bullied. With your help Barnardo's could pay to train volunteers to give this support.

Parent helplines – Parents are also affected if their child is being bullied, it can be frustrating and hard to understand why it is happening. By being able to provide a helpline dedicated to parents we could offer support and specialized advice on how to tackle the problem.

Dear parent/carer letter

As part of the Get Up and Go campaign The Boys' Brigade is taking part in the Care and Share Challenge to support the work of the children's charity Barnardo's. The children have been informed about the work being done to help children, young people and their families by Barnardo's in this region.

Care and Share Day

We hope you will join in the spirit of caring by encouraging your child to decorate their badge to brighten up someone's day. Children can wear their badge with pride on Care and Share Day (see front of activity sheet, point 4). Please also encourage your child to complete the box on the front of the activity sheet, showing how they have been a good friend.



Please help your child collect donations from family and friends, giving our Anchor section the opportunity to make a big difference to the children and young people being helped by Barnardo's.



Barnardo's says: 'thank you!'

All children who return their donation form will get a special 'You're a star' certificate. Please make sure that your child's name is on the donation form.

To find out how Barnardo's helps turn around children's lives, visit www.barnardos.org.uk

Barnardo's believes in the potential of every child and young person, no matter who they are, what they have done or what they have been through. We will support them, stand up for them and bring out the best in each and every child.



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Barnardo's Registered Charity Nos. 216250 and SC037605 13281js10

THE BOYS' BRIGADE
>the adventure begins here



Get UP And GO

Raising Awareness Raising Money Getting Involved

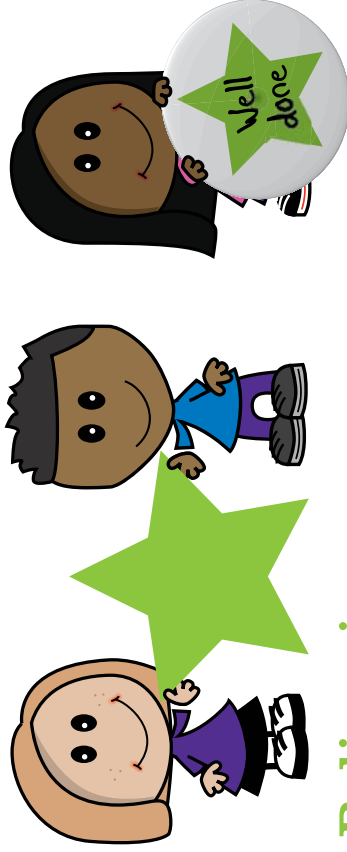
The Boys' Brigade and
Barnardo's would

like to say a

big thank you

for your amazing
fundraising efforts

Well done – you're a star!



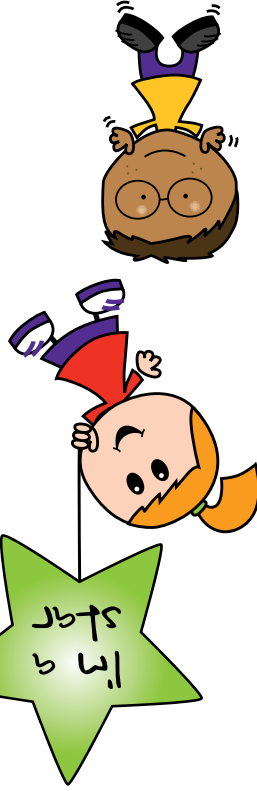
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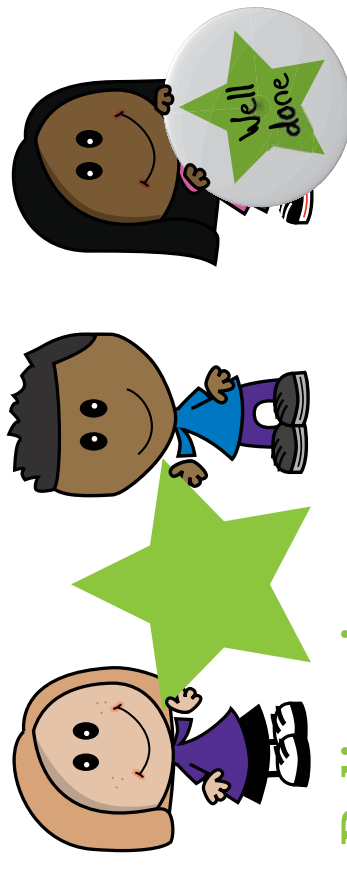
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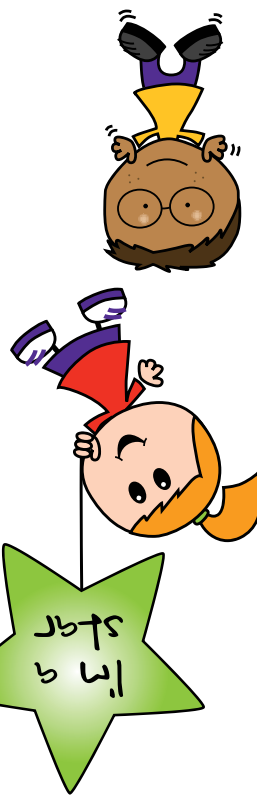
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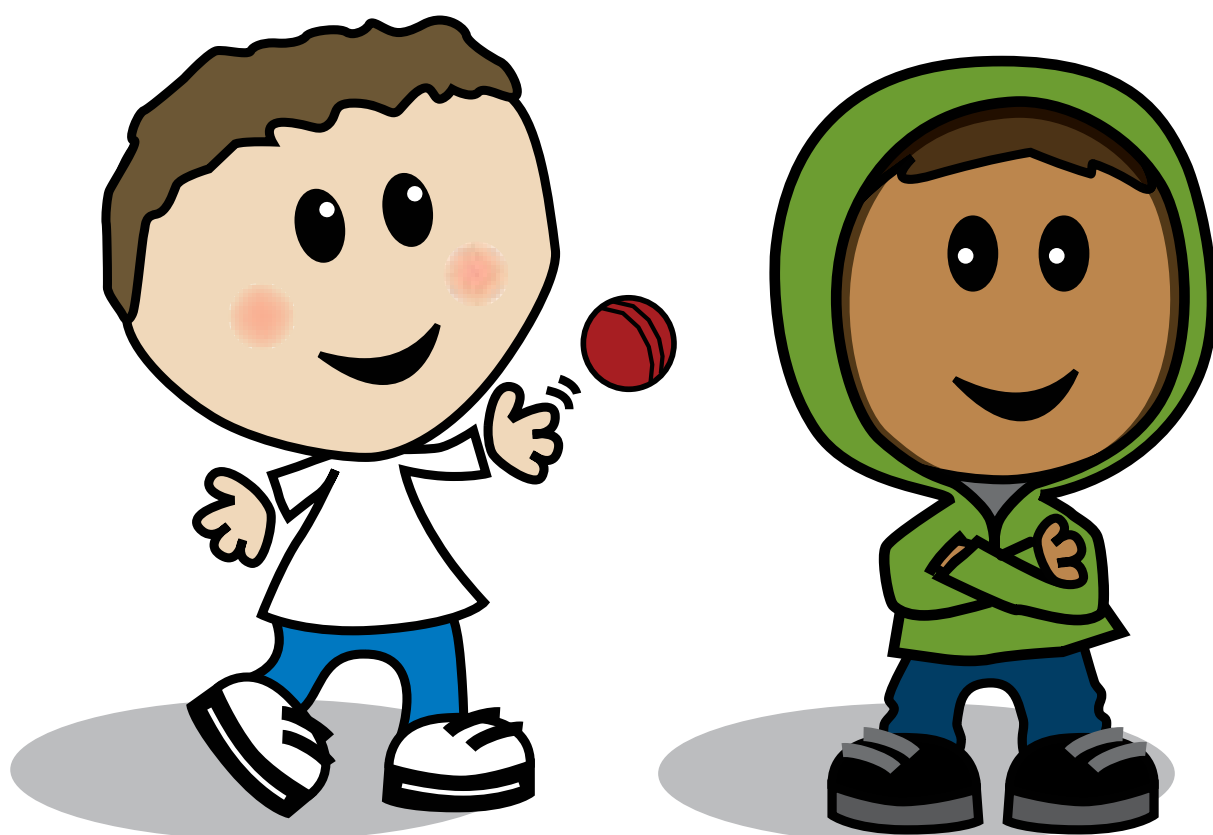
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Care and Share Activity pack for children

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Care and Share Challenge activity sheet

1. Can you care and share for a whole week?

2. Practice your design on the blank badge.

3. Make your special badge on the blank card badge that is provided.

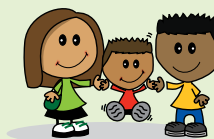
4. Wear your badge on Care and Share Day

5. Complete the boxes below to show you have been a good friend.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How I have been a good friend							
Signed by person you have been a good friend to							

6. Please collect as many donations as possible from friends and family on the back of this donation form and return on _____

- ✓ Only ask family and friends to help.
- ✗ Don't go knocking from door to door.
- ✗ Don't ask strangers.



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Care and Share Challenge donation form

Name _____

Company/Battalion/District _____

Please give generously if you believe in children. Thank you!

Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please sign the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
Mark	Sample	4 Donation Road, My town	AX7 4LE	£2	<i>ASample</i>	04/10/10

We, who have given our names and addresses above, and who have signed the box entitled Gift Aid, want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

The total is:

Please return this form with your donation to your group leader. This will enable Barnardo's to claim Gift Aid.

Where does the money go? Out of every £1 we spend, 83p goes towards our work with children and young people. This rises to 95p if the costs of trading and property development, which are both self-financing, are excluded. £5 could buy a hot dinner for a homeless child at a Barnardo's project. Just £10 could pay for a birthday or Christmas gift for a child experiencing domestic violence. £30 could enable a child who looks after their disabled mum or dad to enjoy a trip to the cinema or bowling, knowing their parent is being cared for while they are away.

Barnardo's values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you, with any third party organisations without your consent.

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Making a friendship badge

Instructions

1. Think of what you want to say on your badge. Who is it for? What do they like? What will make them smile? How can you tell them you care?
2. What would be best to use? Words? Drawings? Sticking photos or objects on?
3. Use the blank circles on your activity form to show how you want the badges to look.

Some badge ideas

- Choose your friend's favourite animal, sport or colour for the badge.
- Make your friend happy by telling them how great they are.
- Use bright colours to make the badge stand out.
- Use glitter to make a very sparkly badge.
- Ask an adult to help you find photos of you and your friend for your badge.



Turning your designs into a real badge

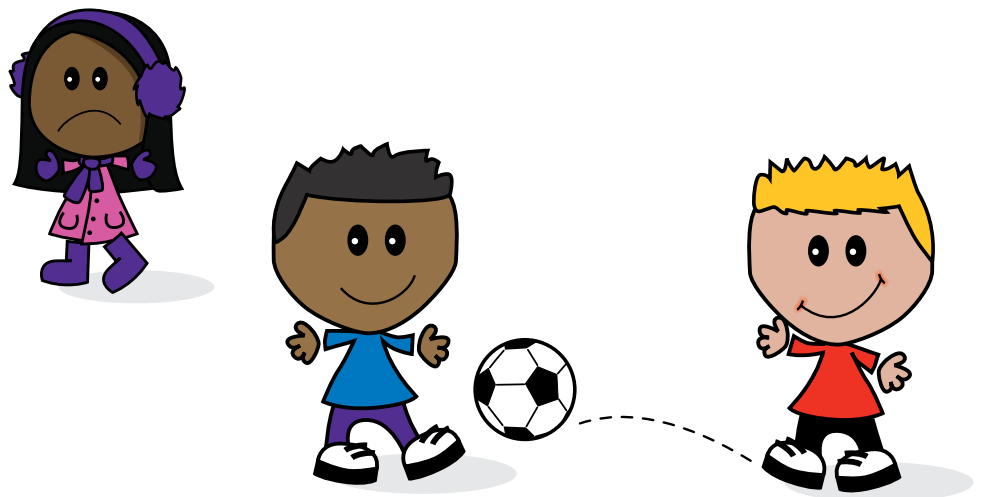
1. Choose your favourite badge design.
2. Copy this onto the blank badge your leader has given you (remember to ask an adult to help you if you need to use scissors or glue).
3. If you used glue make sure you wait for it to dry.
4. Your badge is now ready to wear!



How much do you know about bullies?

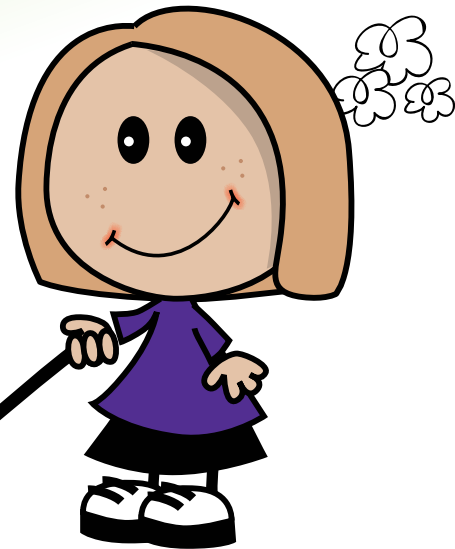
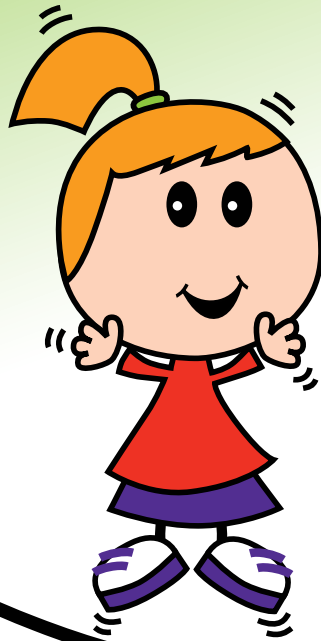
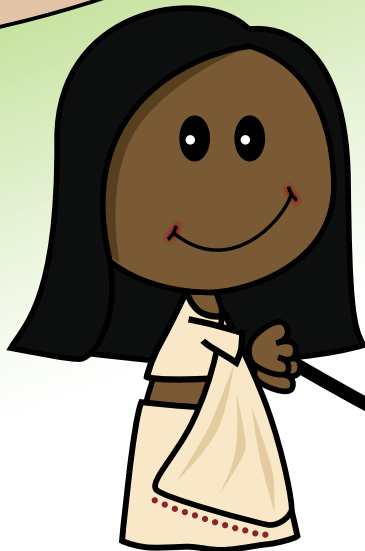
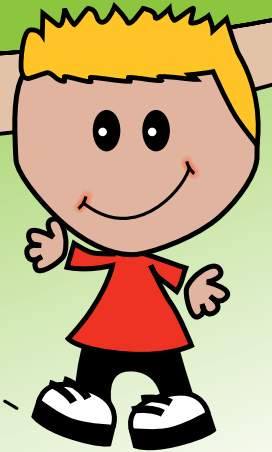
Here are some questions to ask your members to get them thinking about the behaviours and characteristics of both a friend and a bully.

- 1.** Discuss with your members what a friend is. Reinforce sensible suggestions by writing them down.
- 2.** Ask members to write their friends' names and draw pictures in the 'My friends' workbook.
- 3.** Discuss with your members what a bully is. How do bullies behave?
- 4.** Ask your members why they think people bully others.
- 5.** Discuss why friends are important. How do they help?
- 6.** Ask members to give examples from stories, cartoons, TV etc. Prompt them with pictures or ideas, e.g. Batman and Robin.
- 7.** Ask them to give examples from their own lives.
- 8.** Discuss what it feels like if someone is not very nice to you.
- 10.** Ask members to think of reasons why you should always try to be nice to people.



Mate or Meany activity book

Name _____



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THE BOYS' BRIGADE
> the adventure begins here



Get UP And GO

Raising Awareness Raising Money Getting Involved

Match them up



- Shout
- Unkind
- Angry
- Congratulate
- Support
- Defend
- Upset
- Kind
- Mean
- Attack
- Smile
- Nasty
- Jealous
- Comfort
- Help
- Mock
- Loyal
- Protect
- Taunt
- Cry
- Happy
- Tease

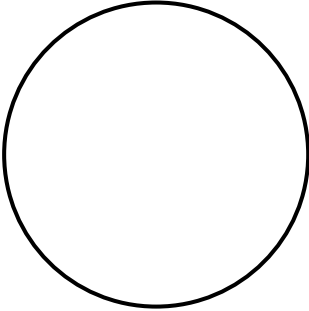


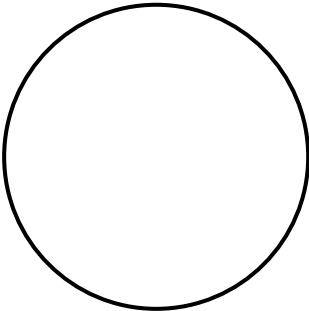
My friends

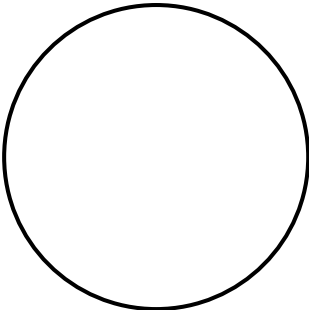
My name is _____

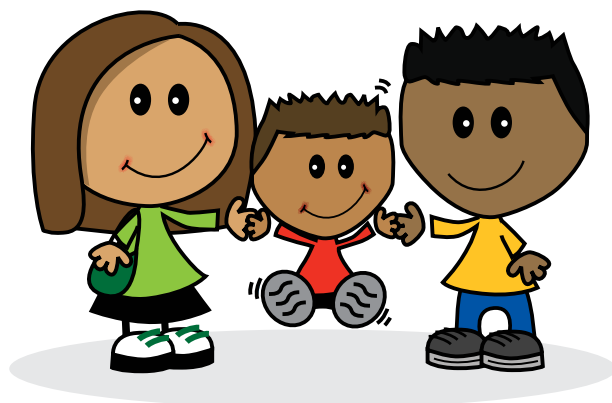
I am _____ years old

Some of my friends are:

_____  _____
_____ makes them happy

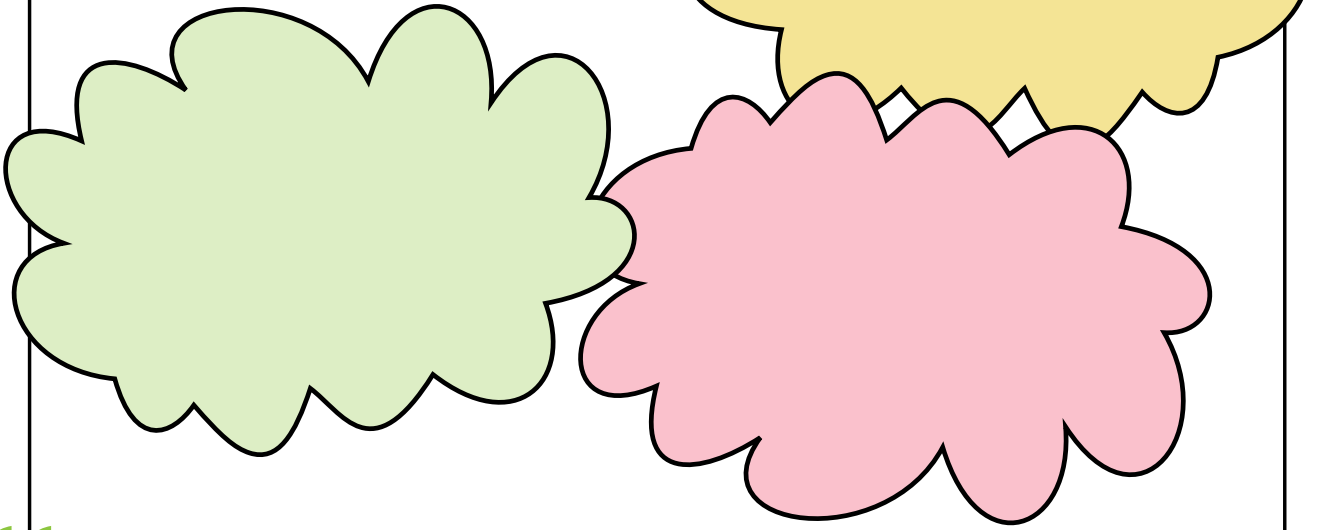
_____  _____
_____ makes them happy

_____  _____
_____ makes them happy



My friends help me

They make me feel 

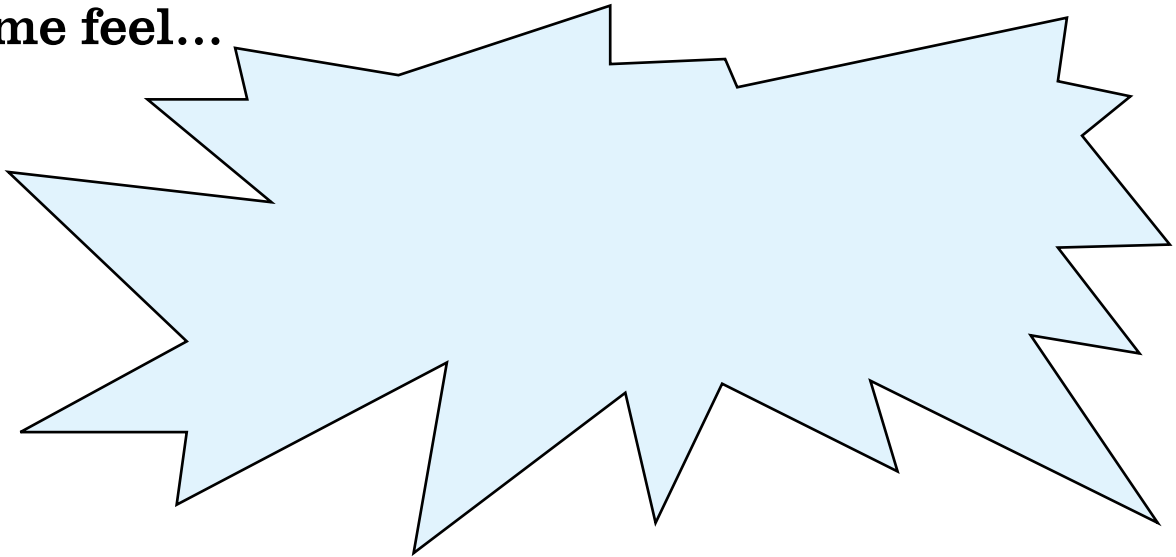


“ When I am bored they
.....
..... ”

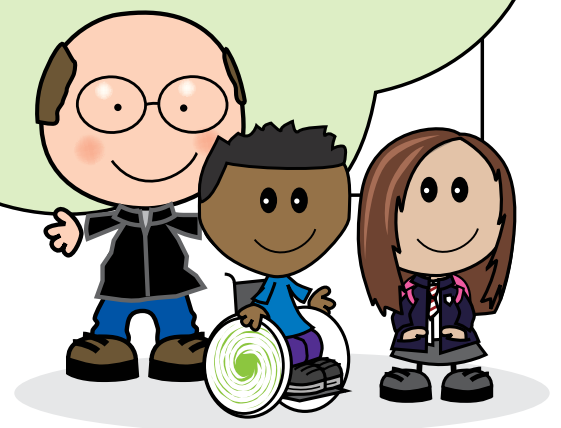
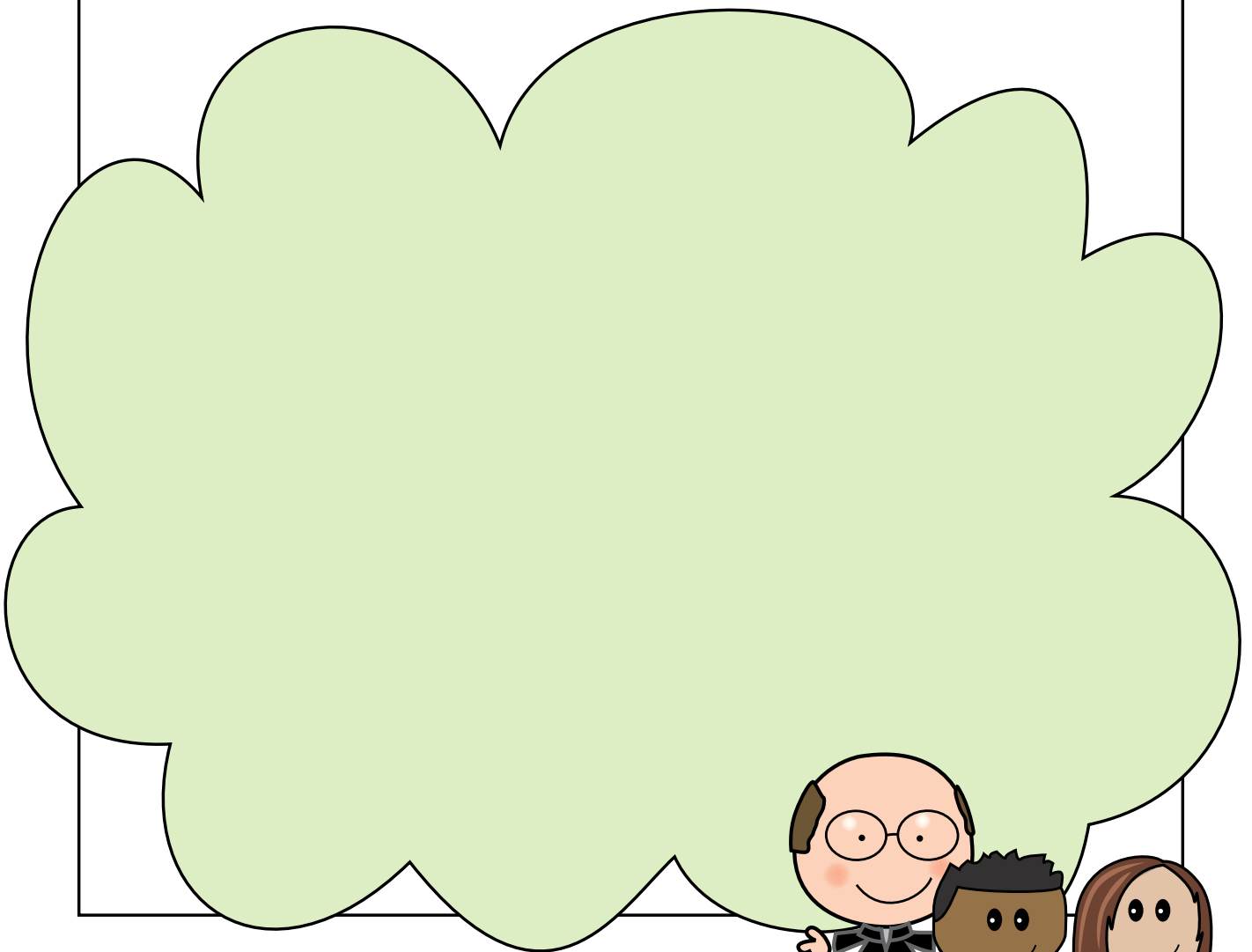
“ When I am sad they
.....
..... ”

“ They also
.....
..... ”

**When someone is unkind to me it makes
me feel...**



We should always be nice to people because...



Write an acrostic poem that describes what a friend is and what a bully is:

F

R

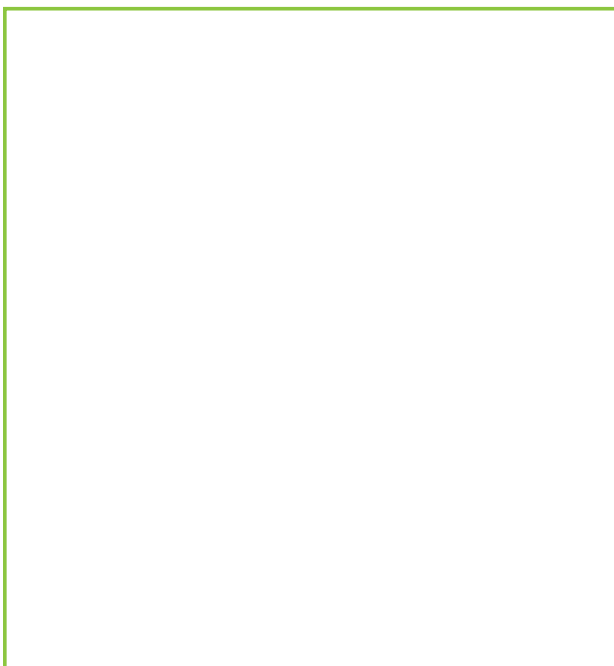
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D

**A friend might
look like this:**



B

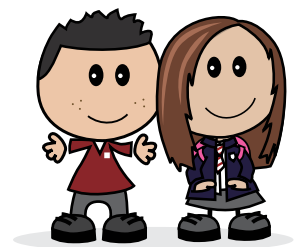
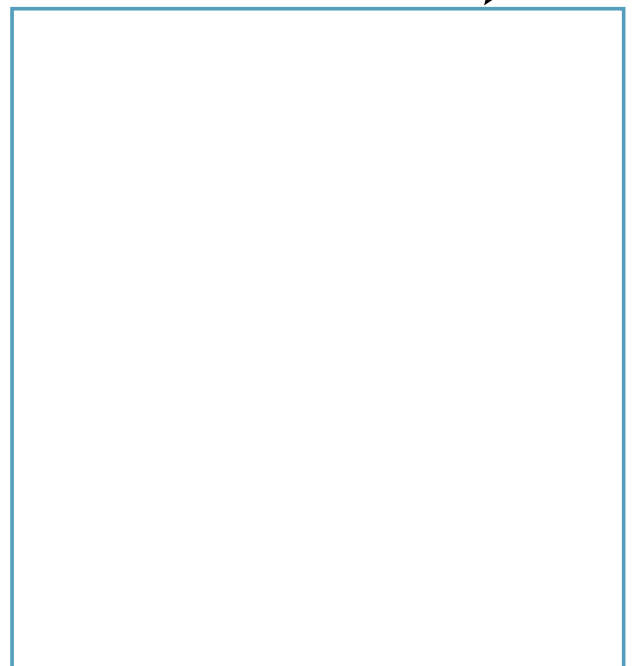
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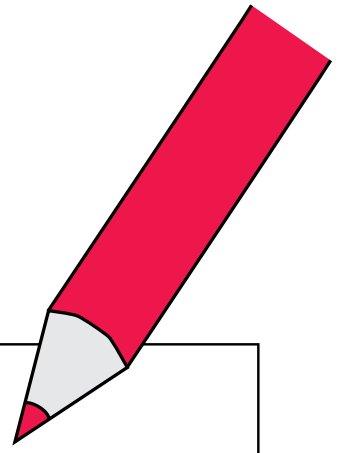
L

Y

**A bully might
look like this:**



Design a poster showing how we can stop bullying:



A large, empty rectangular box with a black border, intended for drawing a poster about stopping bullying.

