

# Assembly Plan: *Speak out. Stay safe.*

**Age: 7-11 years**

## Assembly overview

This assembly film is designed for primary school children aged 7-11. It aims to help children understand: abuse in all its forms, including bullying; the ability to recognise the signs of abuse; how to protect themselves from all forms of abuse; to make children aware of how to get help and the sources of help available to them, including Childline.

## Learning Intention

To understand the different types of abuse and that it is never a child's fault.

To understand that children have the right to be kept safe and to know who a child can talk to if they need help.

## Success Criteria

- I can explain the different types of abuse
- I know abuse is never a child's fault
- I know I have the right to get help if I need it
- I know who to talk to if I need help
- I know the Childline number and how to access support

## Resources

- 7-11 *Speak out. Stay safe.* assembly film
- Interactive board

## Lesson summary

Please note: The assembly content has been carefully written and evaluated to help children to understand all types of abuse and how to speak out. It is essential that ALL elements of the assembly film are shown in their entirety to ensure this.

Film slide	Timing (30 minutes including pause points for discussion)
Introduction	1 minute 25 seconds
Buddy	1 minute 45 seconds
Sack of worries	2 minutes 11 seconds
Definitions of abuse	4 minutes 15 seconds
Safe adults	6 minutes 47 seconds
Childline	8 minutes 45 seconds
Ali's story	14 minutes 27 seconds
Children's rights	16 minutes 30 seconds
Recap and close	17 minutes 0 seconds

## Climate for learning

As a result of the key messages, a child may speak or present in a way that causes concern or disclose abuse, or they are aware of it happening to others. Please be alert to this and follow your school's safeguarding procedure.

For advice on how to respond to a child disclosing abuse, please visit:

<https://learning.nspcc.org.uk/research-resources/2019/let-children-know-you-re-listening>

If a child asks your opinion on something, you might like to share the NSPCC's viewpoint; "The NSPCC believes that all children have the right to be safe and that they should not be harmed in any way."

Suggested hints and tips are highlighted in grey throughout the assembly plan, if required.

- **Introduction**

After Ant and Dec introductions, children are introduced to the NSPCC and Buddy.



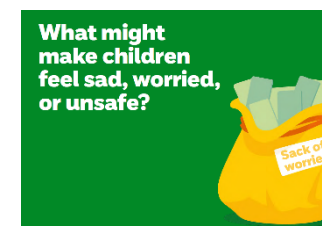
- **Buddy**

The NSPCC explain why we have a speech bubble as a mascot.



- **Sack of worries**

The NSPCC talk about types of worries a child might have. They use each brick to represent a worry and fill the sack.



**PAUSE** for answers

Encourage a broad range of responses e.g. bullying, racism, moving school, friendship problems, worries at home, family unwell, news/media etc.

- **Definitions of abuse**

Audio plays:

*Neglect – When a child is not looked after properly by their parent or carer. When a child does not get enough food, drink or the right kind of clothing. When a child is left on their own for too long. Neglect can happen in any household or family: rich, poor or anything in between.*



*Physical abuse - this is when someone deliberately hurts or injures a child's body. This could be by kicking, biting, hitting, shaking or leaving marks. Physical abuse may cause pain, cuts, bruising and/or broken bones.*



*Emotional abuse - When an adult deliberately hurts a child's feelings. This could be by making someone feel sad, making fun of them, or making them feel bad about themselves. Seeing or hearing parents or carers hurt each other can also make a child feel bad. This is called domestic abuse. It hurts on the inside and doesn't leave a mark that can be seen.*



*Sexual abuse - When a child is being made, asked, or rewarded for doing anything with their body that frightens or worries them or being made to do this to somebody else. It can involve touching, kissing, or being made to show private parts of the body, or being made to do this to another person. It can involve being shown inappropriate films or pictures in books, magazines, on TV, mobile phones or online. The private parts of the body are those covered by underwear.*



*Bullying - when children are mean to each other. It can include a child being pushed, hit, teased, threatened, or called names. This usually happens more than once. It could also happen online or by text, this is called cyberbullying.*



- **Safe adults**

The NSPCC say abuse is never a child's fault.



The sack of bricks is then used to talk about safe adults a child could talk to. With each example a brick is removed.

**PAUSE** to take answers.



Possible responses may include:

Any safe adult in a child's life e.g. parents/carers, school staff, grandparents etc

Use "could" or "might" in response to suggested safe adults to remain inclusive of all children's lived experiences.

Possible responses to non-adult answers e.g. friend/sibling/pet/toy/God

"Good idea to practice with but remember a child must always speak to a safe adult or Childline."

Children are reminded to keep speaking out until something changes.



- **Childline**

Children are shown a film about how to contact Childline.

The NSPCC talk about how to find Childline online and how to use its accessibility features.



- **Ali's story**

In part 1, the NSPCC share Ali's story.

In part 2, the NSPCC share how Ali got help.



If a child asks what happened to Ali: "We don't know what kind of help Ali and her family got but what we do know is that Ali did the right thing in speaking out about her worries so that she and all her family could get the help they needed."

- **Children's rights**

The NSPCC talk about all children having rights and the following 3 rights are shared:

1. speak out and have their views taken seriously
2. be kept safe
3. get help when they need it



- **Recap and close**

Children are reminded how important it is to speak out.

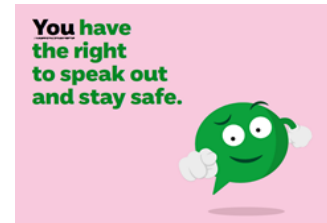


The NSPCC ask children to whisper to themselves

“I have the right to speak out and stay safe.”



The NSPCC ask children to point and say, “You have the right to speak out and stay safe.”



The NSPCC ask children to raise their thumbs in the air and say aloud “We all have the right to speak out and stay safe!”



Ant and Dec say goodbye



Next steps (within 2 weeks of the assembly):

Check out the ages 7-11 post-assembly lesson plan and resources!

- NSPCC led Workshop for ages 9-11years (if available)
- Link to teacher and pupil feedback survey