

Assembly Plan: *Speak out. Stay safe.*

Age: 5-7 years

Assembly overview

This assembly film is designed for primary school children aged 5-7. 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 ways a child can be hurt by others and it is never their fault.

To understand all children have the right to be kept safe and how to get help.

Success Criteria

- I know five ways a child can be hurt by others
- I know if a child is hurt by someone else it is never a child's fault
- I know children have the right to be kept safe
- I know who to talk to if I need help
- I know the Childline number and recognise the Childline website

Resources

- Age 5-7 *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 hurt 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 (20 minutes including pause points for discussion)
Introduction	1 minute 25 seconds
About Buddy	1 minute 53 seconds
Children's Rights	2 minutes 34 seconds
Sam's story and forms of hurt	3 minutes 3 seconds
Sam's story conclusion	5 minutes 39 seconds
Safe Grown-ups	6 minutes 50 seconds
Childline	7 minutes 52 seconds
Recap and close	9 minutes 25 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.



- **About Buddy**

The NSPCC talk about how Buddy is a speech bubble because we believe children should speak out if they have any worries. The aims for the assembly are shared with the children.



Ensure children can ask any questions at this point.

The NSPCC ask:

What can you see that might make Buddy happy?

PAUSE to take answers



- **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



- **Sam's story and forms of hurt**

The NSPCC introduce Sam, the voice over reads:



Sam was upset, some people were not very nice to Sam. Sometimes, the people who looked after Sam hurt her on the inside. They called her names, and this made her feel sad. She didn't have enough food to eat all the time, so she was hungry. All of these worries were hard for Sam to carry and were weighing her down.



The five different forms of hurt are shared, the voice over reads:

Hitting

This can leave marks on the body like cuts or bruises.



Hurting children's feelings

This could be someone calling them names at school, at home or online. This doesn't leave a mark that can be seen but hurts on the inside.



When privates are not private

Sometimes people may want children to do things with their body which might make them feel uncomfortable or unsure. Sometimes this involves the private parts of the body which are the parts covered by underwear. This could happen online or face to face.



Not being looked after properly

Some children are not looked after properly perhaps they are left in the house all alone or they don't have enough food or clothes to keep them warm.



Bullying

This is where children are mean and unkind to each other. They might be pushed or left out. Called names face to face on phones or online and it usually happens more than once



The NSPCC encourage children to put their thumbs down and say, "Buddy says this is not okay".



- **Sam's story conclusion**

Sam was upset, some people were not very nice to Sam. Sometimes, the people who looked after Sam hurt her on the inside. They called her names, and this made her feel sad. She didn't have enough food to eat all the time, so she was hungry. All of these worries were hard for Sam to carry and were weighing her down.



Sam decided that she would be happy to talk to her teacher. So, one day she felt brave and told her teacher about everything that was happening at home and how she was feeling sad. Her teacher listened and made sure that Sam got the help she needed, and the NSPCC worked with the people who looked after Sam so that they could learn how to take better care of her. Things started to get better for Sam, and by speaking out she began to feel happy and safe.

- **Safe Grown-ups**

The NSPCC say if a child ever hears or sees anything that makes them feel unsafe, they can speak to a safe adult to get help.

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.

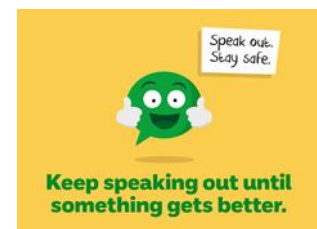
"Good idea to practice with but remember a child must always speak to a safe adult or Childline."

- **Childline**

The NSPCC describe all the ways a child can contact Childline and ask the children to say and sign the number.

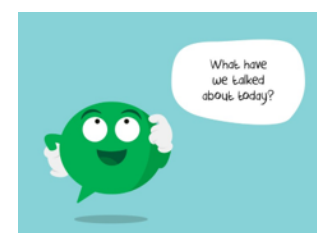


Children are reminded to keep speaking out until something gets better.

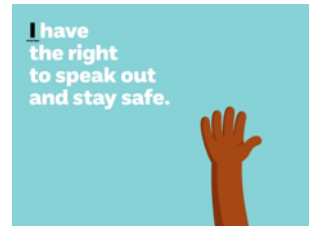


- **Recap and close**

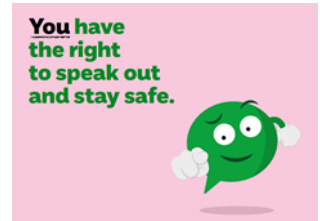
Children are reminded how important it is to speak out.



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 age 5-7 post-assembly lesson plan and resources.