

Anti-Bullying in the Muse Wellbeing Curriculum

Bullying remains one of the most significant challenges to children's wellbeing, confidence and academic success. Every school needs a clear, consistent approach that builds respectful relationships and prevents harmful behaviours both in person and online.

The Muse Wellbeing curriculum empowers schools to build lasting cultures of respect and inclusion. Anti-bullying themes are woven across lessons in every year group from Year 1 to Year 6. Through carefully planned activities on empathy, kindness and respect, Muse helps schools create a culture where every pupil feels safe, valued and supported to thrive.

Muse Wellbeing Core Values Link

At the heart of Muse Wellbeing are five core values that guide every lesson and shape pupils' development.

1. Mental and Physical Health
2. Positive and Respectful Relationships
3. Global Citizenship and Community Care
4. Personal Growth and Economic Wellbeing
5. Digital Citizenship and Online Safety

The core value of Positive and Respectful Relationships is central to bullying prevention, teaching kindness, empathy and fairness. Mental and Physical Health lessons support resilience and emotional self-control, helping children respond positively to challenges.

Digital Citizenship and Online Safety ensures pupils behave responsibly online and understand the impact of cyberbullying. Global Citizenship and Community Care highlights respect for diversity and inclusion, while Personal Growth and Economic Wellbeing builds confidence and self-esteem. Together, these values create a consistent foundation for safe and respectful school cultures.

Key Evidence on Bullying

Understanding the scale and impact of bullying is essential for schools that want to protect pupils' wellbeing and learning. Research from respected UK organisations shows that bullying remains a widespread issue with serious consequences for children's mental health, confidence and academic progress.

Key evidence shows bullying continues to affect many pupils. While face-to-face bullying has declined slightly in recent years, cyberbullying has risen. The latest research highlights its serious impact on mental health, school attendance and academic progress, underlining the need for consistent early education in empathy and kindness.

- **More than 1 in 5 children (23%)** in England report being frequently bullied face-to-face, with even higher rates among pupils with SEND or from low-income families ([Anti-Bullying Alliance, 2024](#)).
- Children who are bullied are at increased risk of developing **mental health problems such as anxiety, depression and low self-esteem**, with the impact often lasting into adulthood ([NSPCC, 2023](#)).
- Pupils who experience bullying are at greater risk of **persistent absence and lower attainment**, with bullying linked directly to school drop-out ([UK Parliament Education Committee, 2023](#)).
- Children who learn **empathy, kindness and inclusion from an early age** are more likely to build resilience and positive peer relationships ([DfE, 2025 Guidance](#)).

Muse Curriculum Mapping

The Muse Wellbeing curriculum takes a values-based approach that strengthens respect, empathy and inclusion at every stage of primary education. Pupils explore age-appropriate topics that develop from recognising unkind behaviour in the early years to tackling complex issues like stereotypes, peer pressure and cyberbullying by Year 6. This progression ensures children build the knowledge, skills and confidence they need to stand against bullying and contribute to safe, respectful and supportive school communities. The curriculum includes dedicated lessons where bullying is explored in depth across different contexts.

Year 1

- **Say No to Bullying** – introduces what bullying looks like and encourages pupils to speak up.
- **Be Kind Online** – teaches respectful digital behaviour and the importance of kindness on the internet.

Year 2

- **Beat Bullying!** – helps pupils identify bullying and understand why it is harmful.
- **Exclude – Include** – shows how exclusion can hurt and the value of welcoming others.

- **No Bullies Allowed!** – reinforces the message that bullying should not be accepted.
- **Words Can Hurt and Heal** – explores how language can harm or support others.

Year 3

- **Be an Upstander** – empowers pupils to support others and challenge bullying safely.
- **Peer Pressure** – helps children resist unkind group behaviour and stand by their values.

Year 4

- **Positivity and Respect** – builds habits of treating others with fairness and kindness.
- **Pressure and Control** – explores controlling behaviour and its link to bullying.
- **Stereotypes** – challenges negative assumptions that can fuel prejudice and bullying.

Year 5

- **Empathy and Us** – develops understanding of others' feelings to reduce bullying behaviour.
- **Peer Mentoring** – promotes positive peer support as an alternative to harmful actions.
- **Online Interactions** – examines how online behaviour affects relationships and wellbeing.
- **Cyberbullying** – focuses on recognising, preventing and reporting online bullying.

Year 6

- **Think Before You Judge** – encourages pupils to reflect before making harmful assumptions.
- **Positive Assertive Behaviour** – teaches pupils to stand up for themselves respectfully.
- **Anti-Social Behaviours** – highlights behaviours that harm others and how to challenge them.

Digital Citizenship and Online Relationships

Digital citizenship is a key part of preparing pupils for life in a connected world. Bullying can happen online as well as face to face, so it is essential that children learn how to behave respectfully and safely in digital spaces.

Muse Wellbeing introduces these ideas and concepts early, beginning with lessons on online kindness and privacy, then moving on to topics such as digital identity, communication and digital footprint. By Year 6, pupils understand how their digital choices shape relationships and reputation. This structured approach helps them grow into responsible, confident and respectful online citizens.

British Values and Thematic Threads

British Values run through the Muse Wellbeing curriculum and provide a strong foundation for anti-bullying education. Respect, tolerance, liberty, democracy and the rule of law are explored in age-appropriate ways, giving pupils clear expectations for how to treat others.

These values connect directly with anti-bullying themes, from learning to respect differences to understanding fairness and justice. By linking classroom lessons to British Values, Muse helps schools build a whole-school ethos where kindness and inclusion are seen as both personal qualities and civic responsibilities.

Creating Safe and Supportive School Communities

Muse Wellbeing supports schools to create a culture where every child feels valued, included and safe. By embedding anti-bullying themes across all year groups, schools move beyond awareness and towards lasting change.