

I'VE GOT YOUR BACK

Assembly Plan by Meg Cannon



AIM

This assembly aims to promote healthy friendships, calling on teenage girls to encourage each other and build one another up.



Preparation Materials

To show: 'I've got your back - A film about friendship by koko' – YouTube (click link above)

To print off: these 5 quotes onto individual pieces of paper:

'They just all turned against me.'

'She's sending nasty text messages to my phone.'

'She won't talk to me anymore.'

'I've lost my best friend, it's as if we're arch enemies.'

'I hear them talking about me.'

Assembly

Ask for 5 volunteers to read out the 5 quotes one after another.

To say: These are quotes from teenagers all around the UK talking about the state of their friendships. It seems that we're hurting each other and falling out.

To say: Ok, hands up (ideally teacher should raise their hand if they feel comfortable to)

- (1) Who has ever been hurt by a friend?
- (2) Who has ever been unkind about someone to their face or behind their back?

We wound and hurt each other, with our words and the things that we do, and sometimes those wounds stay with us for a long time. We feel hurt, left out and it's all we can think about.

But what if we ALL made more of an effort to look out for one another and say to those around us: 'I've got your back'?

Show the film 'I've got your back - A film about friendship by koko' 4.05min

To say: The film asks 'When did it become ok to ruin someone's day?'

It is **not** acceptable to go round hurting people with our words or our actions. You have **no** idea what the people around you are dealing with personally and at home. And as the film says, around the UK, some people have taken their lives because of things that people have done and said to them.

To ask: So the question to you today is:

- Can you be kinder? Can you look out for people more?
- How can you be a better friend?
- Is it that you need to stop gossiping -or make more of an effort to look for the best in people?

No act of kindness, no matter how small, is ever wasted.

Reflection

To do: If you know that, at times, you could be a better friend, then I'd like you to stand.

Finish by sharing part of the film script with them:

To say:

'It starts with you...

Have courage

And be kind

Look out for those who get left behind.

It starts with a smile

And a helping hand,

You mind not see eye to eye

But you can still make a stand.

Stop with the competing,

Stop tearing each other apart,

I think it's time we made a start at looking for the best in each other.

We all deserve respect.

For too long we've been knocking each other down,

But now it's time to lift each other higher.

Together we can go further,

Together we are stronger,

And together we say

That we're not against each other any longer.'

To say: If want to join in with the 'I've got your back' campaign, then the film is on YouTube and the hashtag on twitter is #IveGotYourBack

For more information about koko, visit www.thekokostory.com
[@thekokostory](https://www.facebook.com/thekokostory) [facebook.com/thekokostory](https://www.facebook.com/thekokostory)