

the KINDNESS challenge



Create kindness and raise money for young people

To be presented in the two weeks leading up to the Kindness Challenge

ASSEMBLY PLAN

This handy guide helps explain to pupils why they're taking part in the Kindness Challenge. It also lets them know how having fun and raising money can make a difference to children's lives.

ASSEMBLY OUTLINE

- What's a charity?
- What's Childline?
- Why support Childline?
- The Kindness Challenge activity outline
- How to get involved

DURATION

The assembly should last around 10-15 minutes and should be suitable for all ages. Content can be changed depending on the age of your pupils.

DESIRED OUTCOME

There will be several outcomes by the end of the assembly:

- Pupils will understand how Childline helps children and young people.
- They'll understand what you'll be doing during the Kindness Challenge and how they'll raise money for Childline.
- They'll feel motivated, willing, and proud to make a difference.

TEACHER'S NOTES

These notes should serve as a helpful guide for planning your assembly. All information provided is for reference, and can be adjusted as needed.

What is a charity?

A charity helps one group of people to support another. And in the case of Childline, we answer contacts from children and young people about any issue they're facing.

What's Childline?

Childline is here to help anyone under 19 in the UK with any issue they're going through. A child or young person can talk about anything, whether it's something big or small, Childline's trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

Childline is a service provided by the NSPCC.



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More about Childline

It's important to remind the young people in your school that they can speak to a safe adult or Childline if they have any worries.

Children and young people can contact Childline online, or on the phone, anytime, by visiting [childline.org.uk](https://www.childline.org.uk), or calling **0800 1111**.

Online: there's the option to email or have a 1-2-1 chat with a counsellor. Children can access the counselling service online once they've set up an account.

To set up a Childline account young people will be asked to provide:

- A username (private)
- Their age and country of residence

They'll be given an auto-generated nickname (which appears publicly but can be changed)

Over the phone: children can call Childline for free and speak to a counsellor by calling **0800 1111**.

Let children know that calls made to Childline:

- are free
- are not recorded
- are possible even if a phone doesn't have credit
- won't show up on most phone bills.

Childline counsellors provide vital support to children when they need it the most. However, not every child who needs our help is ready or wants to speak directly to a counsellor.

The Childline website

Our site also provides children and young people with loads of information and advice on different topics [childline.org.uk/info-advice](https://www.childline.org.uk/info-advice), and interactive self-help tools that we offer [childline.org.uk/toolbox](https://www.childline.org.uk/toolbox)

The message boards

[childline.org.uk/get-support/message-boards](https://www.childline.org.uk/get-support/message-boards)

The message boards are a public forum for young people to support each other with anything in their lives.

- Young people can share anything, from their experience with mental health issues to their favourite recipes.
- We pre-moderate every message and can carry out extra safeguarding checks when required.
- A post must adhere to the house rules. If we can't accept something, we contact the young person to let them know why.

A young person can post on the message boards about all the same issues they can talk to a Childline counsellor about, just perhaps with less detail (such as in the instance of self-harm) due to the impact on the rest of the community. If they want to, young people can use their first name on the message boards but posts are checked for identifying information, so everyone is anonymous and safe.

Ask Sam

[childline.org.uk/get-support/ask-sam](https://www.childline.org.uk/get-support/ask-sam)

Ask Sam is what may have traditionally been referred to as an Agony Aunt type offering.

- Young people can submit a letter to "Sam" about anything at all.
- Sam reads each letter but only responds to a few publicly each week.
- Letters selected reflect issues that a lot of young people may be wondering about.
- Young people can read all the letters published on the site and don't need a Childline account to submit a letter.

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PLAY
more



TALK
more

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Why support Childline

By raising money for Childline, you help children and young people in need of support.

Share a story from the case studies sheet on the resources site with your pupils and help them understand what a difference their support can make.

Every pound raised helps children.



The Kindness Challenge activity outline

For this section you should outline what your school's chosen activity is for the Kindness Challenge. Whether the plan is to play a game with a new friend or help someone with homework, every kind act helps create a better world.

Explain how to fill in the Kindness Act worksheet and the time they'll have to complete their challenges. Explain all the activities they'll be doing as part of the Kindness Challenge and make sure they know when and how to get involved.

Fundraising

Children will need to ask their parent or carer's permission to fundraise and collect donations. You can send out the parent and carer letter to make sure they understand what the event entails. You could also mention it in a newsletter.

Sponsorship

Use this section if you're running your Kindness Challenge as a sponsored event.

If you're using GiftT QR codes, let pupils know that with their parent or carer's permission they can share their sponsorship form with family and friends which includes the QR code. You can print this from the GiftT page and give everyone a form at the end of the assembly.

THANK YOU!

This might also be a good time to remind the children about your school's child protection team, who can support pupils with any worries they might have.

Thanks for creating kindness and raising money for young people.

