

Stronger Together

Suitable for:	Upper primary and secondary
Time:	15–30 minutes
Format:	Group activity / discussion
Evergreen:	Yes

The idea

Support from other people can change a situation.

But group power can work in both directions. A group can protect, include and support, or it can pressure, exclude and intimidate.

This activity asks:

When does being together make things safer, and when can a group make things worse?

1. Start with a simple situation

Give the group a fictional scenario:

One pupil is regularly mocked by a small group during lunch. Other pupils nearby usually stay quiet.

Ask:

What might change if one person showed support?

Then:

What might change if several people showed support?

2. Build the picture

Use a freeze-frame or simple positioning exercise.

Place one person as the pupil being targeted.

Add one supporter.

Then add two or three more supporters.

No touching or pushing is needed.

Ask:

- How does the picture change?
- Who now has more confidence?
- Who has more influence?
- Does the person causing harm respond differently?
- Does the situation feel safer?

3. Turn it around

Now ask:

Can being part of a group ever make harmful behaviour easier?

Explore examples such as:

- laughing because everyone else is laughing
- joining in because you do not want to stand out
- forwarding something because the group is doing it
- excluding someone because others expect you to
- staying silent because you are afraid of losing friends

4. One small action

Ask each group to choose one small action that could shift the group dynamic.

For example:

- one person refuses to laugh
- someone changes the subject
- someone invites the excluded pupil over
- a friend says privately, "That's not okay"
- someone tells an adult
- two people agree to support each other in speaking up

Ask:

Why might one small action matter?

5. Safe support

Make clear that supporting someone does not always mean confronting a group directly.

Safer support might happen:

- afterwards
- privately
- with another friend
- through a trusted adult
- online by refusing to share or forward something
- by helping the person find support

Final reflection

Complete:

"A group becomes stronger when..."

and:

"A group becomes harmful when..."

Key message

Being part of a group gives people influence. The question is how that influence is used.