

ASSEMBLY SCRIPT - PRIMARY

This assembly is a great way to start Pupil Voice Week and introduce this year's theme of 'Make Your Voice Count' in your school.

Slide 1

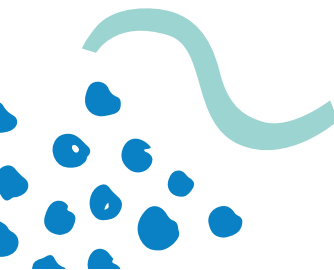
Welcome to Pupil Voice Week 2023!

Pupil Voice Week is all about encouraging young people to speak up and be heard. Every young person's voice is valuable and has the ability to change your own life, and the lives of others, for the better.

This year's theme is 'Make Your Voice Count' and is all about helping young people understand how they can use their voice to make a positive impact on themselves and those around them.

Slide 2

Through the course of this assembly, we aim to:

- Recognise the value of our voices.
 - Build confidence in using your voice.
 - Pick out and celebrate our qualities and strengths
 - Look at ways in which our voices can impact ourselves and the world around us
- 



Slide 3

None of us would get very far in life without communication. And while there are lots of different ways to communicate, using your voice, is one of the most effective. Vocal communication is a popular way to ask for help; provide instruction; campaign for change and also having an interview for that job you've always wanted.

Slide 4 + 5

Speaking of jobs, in what kind of occupations do you think voices are important?

[take some suggestions from your students]

Slide 6 + 7

Great! So we can see how the voice is instrumental for a lot of people. Now let's have a look closer to home. When has YOUR voice helped you, or other people?

[Reveal the list once you've taken some answers from your pupils]

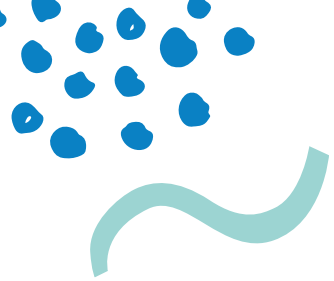

Slide 8

However, talking doesn't come as easily for all of us. Some people can be shy or just simply not be as comfortable speaking openly, as other people.

But given the benefits that using your voice can provide, it's worth committing some time to building that confidence. So how can we do that? Let's have a look ...

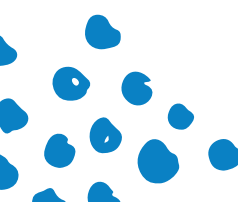
[reveal list and consider discussing each point with your pupils].

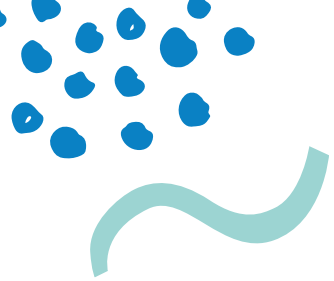



- 
- 
- Thinking positively builds confidence generally. But you can strengthen self-belief and reduce anxiety by doing this, allowing you to find it much easier to speak openly about whatever it is you want to say.
 - Practice makes perfect! Start talking more with friends and family. Perhaps you could conduct a presentation for a family member. It can be about anything you're interested in. If you feel brave enough you could maybe take questions afterwards!
 - Play games that require speaking. That can take a lot of the stress out of talking. Guessing games; memory games; role-playing games. All are fun ways of building confidence in speaking.

Slide 9

Something else that can help build confidence is to identify and celebrate your qualities, strengths and achievements. We ALL have them but once again, some people may find it easier to pick these out than others. I want you to just take a moment to think about 2 or 3 strengths you may have. Here are some things you could consider [reveal list]

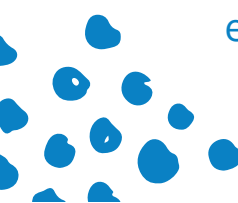
- Academic – are there any school subjects you are particularly good at or have an interest in?
 - Are you good at sport? Or do you act; sing or play a musical instrument? Perhaps you enjoy collecting things or creating things?
 - Personality traits? Are you kind? Helpful? Generous? Funny, assertive, a born leader or a good listener?
 - Have you achieved something or completed some kind of project or undertaking? Have you written a song; a play; or a book? Have you done something for charity? Have you organised an event or participated in a competition?
- 

- 
- 
- Perhaps you have some kind of specialist knowledge or area of interest? A particular period in history; or about your favourite band, football club or an author?

All these things should be considered qualities, and you should make a list of these things and refer to it to remind yourself what you're capable of. Add to it as time goes on and you may find that list of qualities, strengths and achievements may end up being the template for your CV which one day can help you to get a job.

Slide 10

Now there's nothing wrong with being aware of your strengths. And in fact, doing so can improve so many other factors in your life [reveal list and discuss points]

- Self-confidence - Being aware of your qualities reinforces a positive self-image. This can make it easier for you to face new challenges and unfamiliar situations.
 - Motivation – By acknowledging what you can do, and have done in the past, could make you more likely to stay motivated and persevere through other challenges.
 - Resilience – When you face setbacks or failures, having a strong sense of your qualities can help you bounce back. You're more likely to look at challenges as temporary obstacles rather than impossible barriers.
 - Stress Reduction – When you're confident in your abilities, you feel good about yourself and you're less likely to dwell on worries and negative thoughts.
 - Inspiration to Others – When you openly celebrate your strengths, you might inspire others to do the same. Your positive attitude and self-assuredness can be contagious, and encourage others to embrace their own strengths.
- 



Slide 11

Many of you will experience a job interview at some point in your life. Some of you may have already had one. Talking about your strengths is exactly what you should be doing during a job interview. Because you're trying to come across as a more suitable candidate for the job than anyone else that's applied.

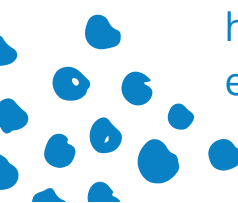
This is where that list of qualities will come in handy. And if you've referred to it often you won't need it in front of you. So you can talk quite happily and confidently about how awesome you are!

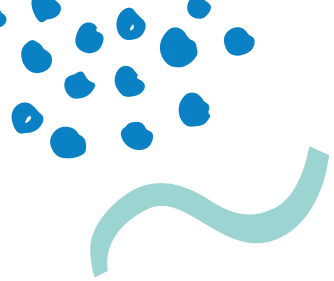

Slide 12

So let's recap: we've recognised the value of our voices; we've built confidence in speaking up; and we've become more comfortable in identifying and talking about our strengths. Now what can we do? Well we could change the world.

Slide 13

There are so many ways you can use your voice to positively impact the world. Let's have a look at some:

- Raising Awareness – Your voice could be used to educate others about a wide range of topics from scientific advancements to historical events, but also campaigning for social or environmental causes.
 - Inspiring Others - Sharing personal stories of overcoming challenges or achieving success, can inspire others to strive for similar experiences in their own lives.
 - Entertainment – Your voice can entertain and bring joy to people through music, storytelling, acting and other creative expressions.
 - Mental Health and Wellbeing – Speaking openly about mental health issues can raise awareness among the public and encourage others to seek help.
- 

- 
- 
- Working Together – Foster dialogue and collaboration among diverse groups of people, enabling the exchange of ideas and the development of solutions.
 - Parenting and Teaching – As a parent or educator, your voice plays a crucial role in shaping the values, beliefs and knowledge of the next generation.

[You could ask the students to contribute some of their own examples of how they can impact the world with their voice]

Slide 14

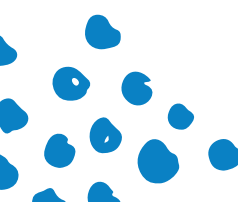
One of the most impactful things we can, and should do, with our voices, is to ask for help. We all need it from time to time and there is no shame in doing so.

Even if the solution isn't immediately forthcoming, talking about any concern you may have, can immediately help you to feel better about things and you may even find that others share the same problem.

Slide 15

But going back to a point made earlier – some people find it harder than others, to open up about things that are upsetting them.

You could talk to a parent; a teacher; a friend; another family member. But if you find talking in person too difficult, you can use tootoot.





Slide 16

Tootoot is an app that allows you to discreetly and confidentially talk about things that may be concerning you. The message will be received by a teacher in the school, who will help you.

Slide 17

Simply log in and start typing in what's on your mind. You will be anonymous unless there is a genuine concern about your wellbeing.

Slide 18

The conversation will then go back and forth until the concern has been 'resolved'. Your concerns will always be taken seriously so please use this sensibly.

Slide 19

We are always here to support and help you if there's anything that's on your mind.

Always tell a parent, a teacher, a friend or tootoot if something is making you feel unhappy or unsafe.

Any questions?

