


Activity: ANTI-BULLYING AMBASSADOR TRAINING by Kent Youth Voice

Resilience Focus Area: [Feeling Secure](#)


Learning Outcomes


- To understand it is the behaviour displayed that is bullying
- To know what different types of bullying behaviour are
- To know some strategies to support and guide young people that may be affected by bullying behaviour



Time	Activity	Method	Resources
	WELCOME & INTRODUCTIONS	Welcome the group and ask them to introduce themselves. If it is a new group, play a couple of name games to get to know each other.	Register Name Badges
	BEFORE WE BEGIN...	Set some basic ground rules for everyone to agree to whilst in the group. Ask everyone to sign those that have been agreed. Add in any that might have been missed. Ensure safeguarding and confidentiality are covered. Highlight to the group how this topic can be emotive and reassure them this is a safe space to talk but if there is anything they shared where they or others are at risk you will need to pass it on. And housekeeping too., e.g. if virtual delivery expected etiquette.	 PowerPoint PowerPoint Presentat Flipchart Pens
	CHECK IN	Ask the group to say how they are feeling from 1-10 and if they want to, share why	PowerPoint
	LEARNING OUTCOMES	Run through the expected outcomes of the training session.	PowerPoint
	ICE-BREAKER—BULLYING QUIZ	If this is a new group, you might need to play a different ice-breaker before participating in this quiz. Ask the participants to answer each of the 5 questions. If the group is confident, you could ask them why they have decided upon those answers and explore differences of opinion. Once everyone has completed the task, go through the answers. Ask the group if there are any surprises in there.	PowerPoint Pens & paper Prizes

Time	Activity	Method	Resources
	WHAT IS BULLYING?	<p>Ask the group what they think bullying is. Capture what they say.</p> <p>Highlight how it is bullying behaviour. Behaviour is a choice which can be changed and addressed with education and awareness.</p> <p>Share the Anti-Bullying Alliance definition. Ask the group their thoughts on this definition.</p>	<p>PowerPoint</p> <p>Pens & paper</p>
	WHAT ARE THE EFFECTS OF BULLYING?	<p>Ask the group what they think the effects of bullying are and discussion. Capture what they say.</p>	<p>PowerPoint</p> <p>Pens & paper</p>
	TYPES OF BULLYING & STRATEGIES TO SUPPORT OTHERS	<p>Ask the group to list as many types of bullying as they can. Go through their responses.</p> <p>Highlight certain types of bullying and discuss:</p> <ul style="list-style-type: none"> • Verbal—what is it and how might you support someone that is experiencing this? • Physical—how does this affect someone and how might you support someone experiencing this? • Emotional - what is it and how might you challenge it? • Cyber—how does this differ, how would you be able to tell if someone is experiencing this and how could they deal with it? 	<p>PowerPoint</p> <p>Pens & paper</p>
	SIGNS OF BULLYING	<p>You might have started to touch on this in the previous section, but ask the group to list and discuss what some of the signs someone might be experiencing bullying?</p> <p>Watch the video embedded in the PowerPoint. Ask the group to reflect.</p> <p>After feedback from the video, play an energiser with the group .</p>	<p>PowerPoint</p> <p>Video</p> <p>Pens & paper</p>
	AGREE OR DISAGREE	<p>Ask the group to stand up. Point to one corner in the room and identify it as the AGREE corner and identify another corner as the DISAGREE corner. Read out each statement and ask the young people to move to the corner that represents whether they agree or disagree. Once everyone has moved to their spot, discuss with the group their decisions and why.</p>	<p>PowerPoint</p> <p>Pens & paper</p>

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	SCENARIOS	Split the group in 3 and give them a scenario to discuss and come up with solutions to. Ask the group to nominate someone to feedback. Ask others in the group for their feedback and suggestions. Are there any suggestions the group can make to add to the list?	PowerPoint Pens & paper
	DRAW YOUR IDEAL ANTI-BULLYING AMBASSADOR	Ask the group to think about their ideal antibullying ambassador and the qualities they would have. Ask the group to draw that person. Ask they are working away, remind them that they are ambassadors and they will look out for bullying, support someone who might be experiencing bullying, and is a listening ear. Ask the group to share their drawings and the qualities they have highlighted.	 PowerPoint Microsoft Word Document Pens & paper
	WHAT CAN YOU DO TO HELP?	Ask the group to consider some of the practical things they can do to help in the quest to eradicate bullying behaviour. Share the THANK YOU slide to start., highlighting how important this is, followed by some of the other examples suggested by other young people. Make a list from the group's suggestions. Share what young people in Thanet thought. Ask the group their thoughts and to add anything they would do. Capture their input.	PowerPoint Pens & paper
	PLEDGE	Share the pledge that has been drafted. Discuss with the group what a pledge is and if they think this is something they feel they can commit to. If they agree, ask them all to sign a version to keep.	PowerPoint Pens & paper
	FURTHER SUPPORT & INFORMATION	Ask the group to highlight who they would go to for support. Share the links to the support agencies and explain what they do.	PowerPoint Pens & paper
	RECAP & Q&A	Tell the group they are coming to the end of the training. Recap some of the things you have covered in a quick fire Q&A to the group. Ask the group if they have any questions and answer as best you can, agreeing to go away and get any answers you don't know at this point.	

Time	Activity	Method	Resources
	CHECK OUT	Again, it may be appropriate to include an energiser before closing the session. As the group to rate themselves between 1-10 as to how they are feeling now as they did at the start of the session.	PowerPoint
	EVALUATION	Ask for feedback from the group about how the session went: <ul style="list-style-type: none"> • What went well? • What they have learnt? • What could have been better? • If there are any changes to be made for future delivery? • What they will do to support antibullying? 	Evaluation Form Pens
	ADDITIONAL RESOURCES	Kent Youth Voice young people have created the attached booklet to support this training too.	 Microsoft Edge PDF Document

This is potentially an emotive subject so ensure you highlight confidentiality and safeguarding policies.

In addition, the session might need to be broken up with some short but fun activities to lighten the mood. Lots of suggestions are on the website.



To access more resources, information and advice visit

www.kentresiliencehub.org.uk

www.moodspark.org.uk

