

# ANTI- BULLYING TRAINING BOOKLET

## Get Involved!

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# How to use this book

This book contains all that you need to train young people to become anti-bullying ambassadors. Once young people have completed the exercises and signed the pledge, they will be ready to lead the anti-bullying campaign for your school.

The ring-bound book is your school's master copy. Please photocopy the pages and keep as your own personal workbook.

Work through the book page by page. Once you have finished and young people have signed the pledge, get in touch with Kent Youth County Council, who will provide you with a certificate for young people and a certificate to display in your school. We can also help with your first steps developing anti-bullying ambassadors.



# Ice breaker

To start off the session we want you to get to know the people around you, so we need you to find some people who relate to the things in the grid and write their name in the box... Remember you can't use the same person twice!



Someone who has travelled abroad...	Someone who has a pet...	Someone who has an older sibling...
Someone who enjoys sport...	Someone who is a confident public speaker...	Someone with the same colour eyes as you...
Someone who wears glasses...	Someone who has blonde hair...	Someone who can sing a song from Frozen...

# Introduction to bullying:

## What is bullying?

The Anti-Bullying Alliance defines bullying as the repetitive, persistent and intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological.

### **Bullying can take many forms, it can be:**

- **emotional** – being deliberately unfriendly towards others, actively excluding others, tormenting, peer pressure (e.g. hiding property, threatening gestures)
- **verbal** – name-calling, sarcasm, spreading rumours, banter that is hurtful or discriminatory
- **physical** – pushing, kicking, hitting, punching or any use of violence
- **cyber** – sending/posting abusive comments, blackmail, uploading/sharing hurtful images, impersonating somebody or targeting vulnerable people/groups online
- **racial** – deliberately excluding or hurting someone because of their race
- **sexual** – unwanted physical contact or sexually abusive comments
- **homophobic** – because of, or focussing on, the issues of sexuality
- **religious/cultural** – deliberately excluding or hurting someone because of their religious beliefs or association
- **material** – when possessions are stolen or damaged or extortion takes place.

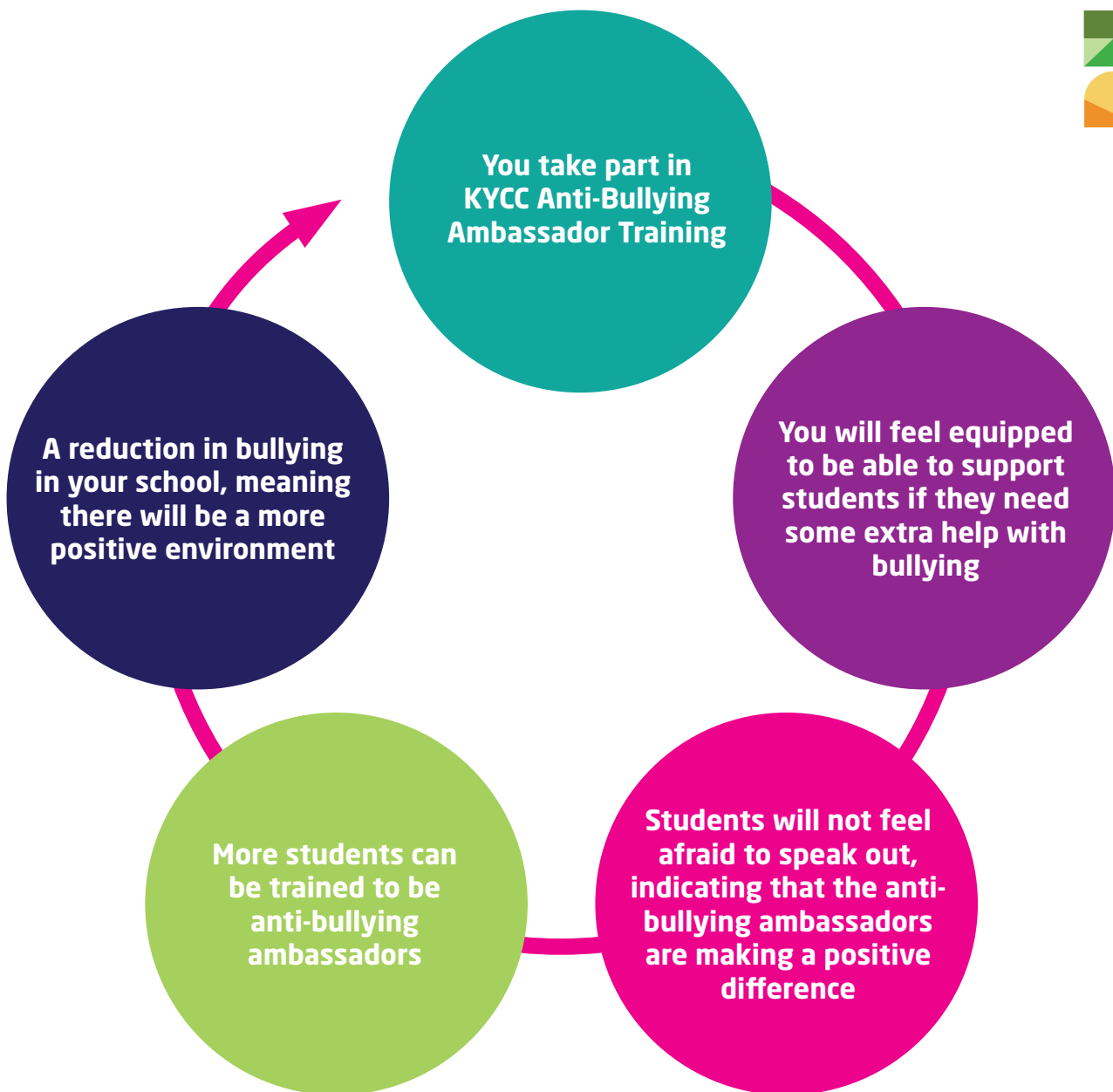
### **Bullying is not the same thing as a disagreement between two people.**

#### **Bullying is:**

- usually systematic and repeated, though one-off events can turn into bullying behaviour
- done by a person who perceives themselves as more powerful than the victim
- distressing and hurtful to the victim rather than gentle banter between friends
- usually one way rather than an exchange

# Outcome of session

The idea of this session is to give you the basic knowledge on how to support someone if they feel they are being bullied. This can include listening to them if they want to talk and directing them to further support, if required. You will do this through taking part in different activities, which will teach you more about bullying and how you can help. You will become an anti-bullying ambassador for your school after this.



## Emotional bullying

What do you think emotional bullying is? Use our ideas in the introduction to bullying and develop your own about what emotional bullying is and how you might combat it.



## Verbal bullying

How would you describe verbal bullying?

Develop your own ideas about verbal bullying and how you might be able to tell if someone is experiencing this.





## Physical bullying

How does physical bullying affect someone?  
Write down your ideas of what physical bullying is and how you would like to support someone with an issue like this.



## Cyber bullying

How does cyber bullying differ from the other types displayed? How would you be able to tell if someone is being cyber bullied and how would you help to deal with it?



## Spotting the signs of bullying

In the space below, think of all of the different ways you might be able to spot the signs that someone may be being bullied.

Discuss this with your group and see how many ideas you get.

## Qualities of an ambassador

An anti-bullying ambassador is someone that looks out for bullying, supports those that maybe being bullied and is a listening ear to anyone that may want to talk to someone, other than an adult, about something going on.

Some qualities can include being trustworthy and listening. Can you think of anymore? See if you can write 10 below!

## Draw your ideal anti-bullying ambassador

Now that you've thought about what qualities an anti-bullying ambassador might have, we want you to draw what you think the ideal anti-bullying ambassador might look like. In the space below, draw your ambassador and tell us a bit about them!



# Word search

Find the ten words in the word search, which relate to bullying!

U	S	C	I	A	E	T	I	S	P	O	U	H	J	B	F	G	T	F	D
R	O	G	B	R	S	E	R	U	I	O	P	S	U	P	P	O	R	T	O
U	S	C	I	A	E	T	I	G	D	E	L	L	A	B	E	N	D	A	E
A	U	D	E	T	N	U	S	U	L	L	E	D	E	G	R	A	E	C	T
D	J	U	K	L	U	H	G	Y	T	E	F	R	F	C	G	H	U	I	Y
O	P	D	A	N	M	K	L	P	L	H	G	T	R	Y	F	V	B	H	U
K	H	Y	N	G	H	U	R	H	Y	U	H	G	D	B	E	G	N	B	V
Y	T	C	T	J	K	L	N	Y	R	I	V	G	O	E	L	C	D	X	L
T	E	G	I	A	E	T	I	S	C	X	I	V	X	R	K	L	F	D	B
R	S	F	B	V	B	R	E	I	A	H	C	Y	T	E	F	R	F	C	K
D	E	E	U	G	P	D	T	C	C	Q	T	S	E	R	U	I	O	P	L
E	N	L	L	D	B	E	U	A	D	J	I	O	A	B	U	S	E	J	U
U	R	M	L	J	G	U	H	L	U	X	M	J	R	Y	F	V	B	H	T
B	M	B	Y	H	C	B	K	B	D	U	S	U	L	L	E	B	L	V	E
N	H	I	I	G	Y	N	U	C	A	E	T	I	X	N	L	P	O	E	F
D	K	L	N	V	B	X	V	Q	M	E	N	T	O	R	K	Q	M	R	G
C	X	S	G	E	R	U	I	O	P	A	E	T	I	S	X	L	N	B	H
U	S	C	I	A	E	T	I	U	P	O	U	H	J	B	F	G	T	A	V
Q	S	A	F	E	G	U	A	R	D	I	N	G	X	V	J	C	V	L	I
M	R	Y	E	M	O	T	I	O	N	A	L	L	E	A	E	T	I	V	N

ABUSE  
ANTIBULLYING  
CYBER  
EMOTIONAL

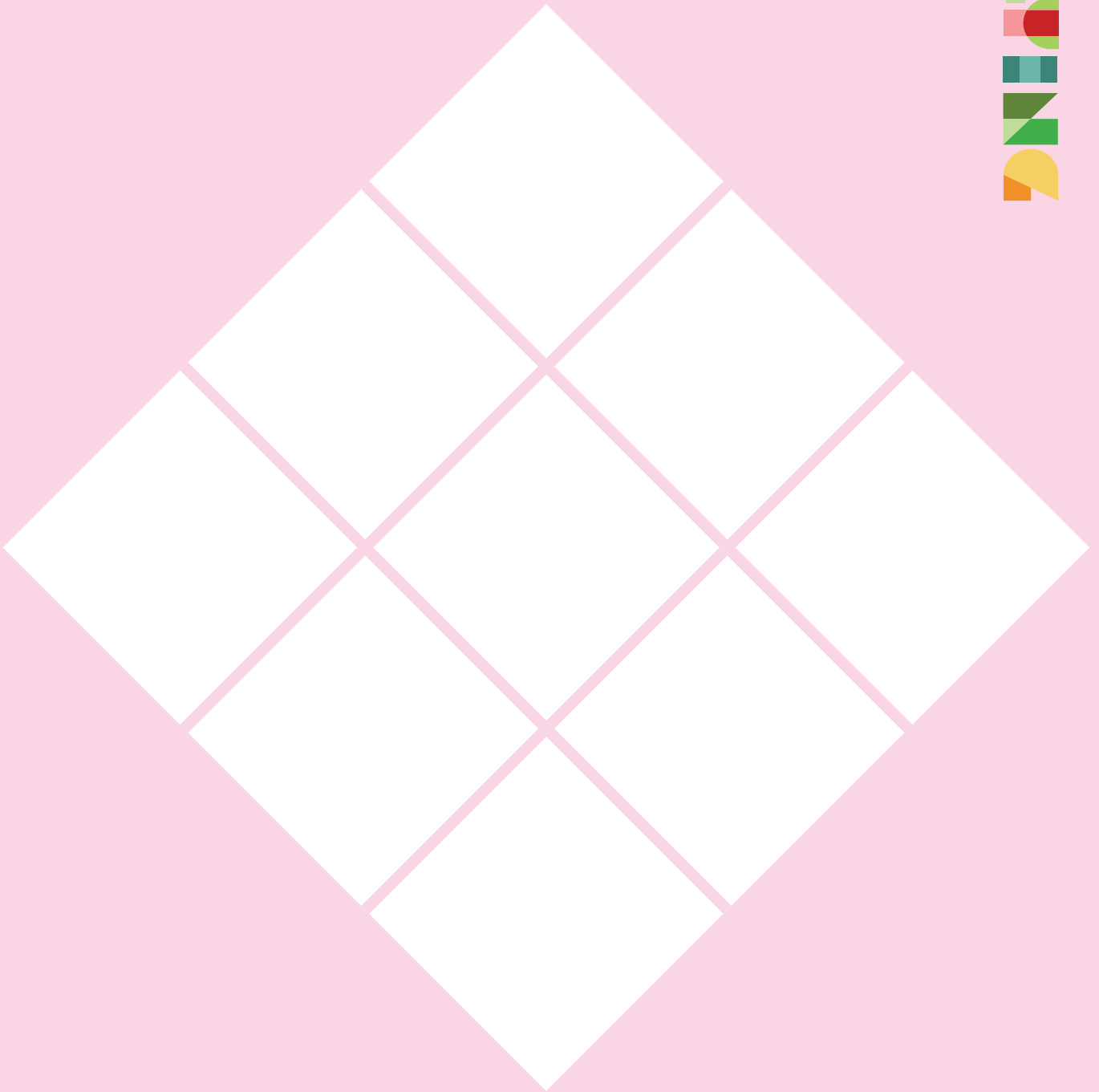
MENTOR  
PHYSICAL  
SAFEGUARDING  
SUPPORT

VERBAL  
VICTIM



# Diamond nine game

Using your ideas from the earlier activity, rank in order the qualities you identified for being a great anti-bullying ambassador, with the top being the best quality! You could even think of some more qualities to add in.



## How to deal with bullying in your school

We want you to create an action plan on how you could help deal with bullying in your school following on from this training.

Think about how you can support a range of young people in different ways. Discuss this with your group and then as a whole to create a personalised action plan for your school.



# Self-evaluation of the day

What have you learnt throughout the day?

What could we improve?

What did you enjoy most about the training?

What will your school be doing to target bullying?

Can you name the four main types of bullying?

How will you and your school develop from this training session?



# Safeguarding

Safeguarding reaches beyond basic child protection and is about promoting the welfare of children and young people and protecting them from harm.

Safeguarding is everyone's responsibility.

One area of safeguarding is preventing and dealing with bullying. According to Young Minds around 70 per cent of young people have been bullied at one time and one million children are bullied every week. This is a serious issue.

Safeguarding also includes guidelines about confidentiality for adults working with young people. Your discussions with an adult will be confidential except for in certain circumstances if the adult feels you or another person is at risk of harm they have to share this information with the appropriate services. A similar policy will apply when you, as an anti-bullying ambassador, are working with another young person. If you are concerned a young person might be putting themselves or another person at risk of harm it is very important to let your teacher know.

# Emergency contacts/supports

## **Anti-Bullying Alliance**

[www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)

## **Bullies Out**

[www.bulliesout.com/young-people/](http://www.bulliesout.com/young-people/)

## **Bullying UK**

[www.bullying.co.uk/](http://www.bullying.co.uk/)

## **CEOP** (Child Exploitation & Online Protection)

<http://ceop.police.uk/safety-centre/>

## **Childline** 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

## **Childnet International**

[www.childnet.com/young-people/secondary](http://www.childnet.com/young-people/secondary)

## **Kent Police** (non-emergency): Call 101

## **Young Minds**

Parent helpline - 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)





# Pledge

I, \_\_\_\_\_ agree to respect others and take a stand against bullying by supporting vulnerable young people around me and reporting bullying whenever I see it.

This includes physical, verbal, cyber, racial, homophobic, religious, sexual, emotional and any other form of bullying.

I believe that everybody has the right to feel safe, included, valued, accepted and respected at all times and will try my best to achieve this as an anti-bullying ambassador.

Signed: \_\_\_\_\_

