

TAKING YOUR ANTI-BULLYING CAMPAIGN ONLINE

YOUR ROLE AS ANTI-BULLYING AMBASSADORS_

In light of the current global pandemic, it is important to remember that bullying behaviour can extend beyond the school gates to affect your peers at home and online, with some young people finding it difficult to stay connected with others or access support. As Anti-Bullying Ambassadors, there are still lots of ways that you can stand up to bullying behaviour and continue to create positive behaviour change during this time. Taking your anti-bullying campaign online is the perfect way for you and your team to stay motivated before returning to school. Below, The Diana Award has outlined key ways for your entire Anti-Bullying Ambassador team to continue to support your peers while staying safely indoors.

TOP TIPS FOR ANTI-BULLYING AMBASSADORS_

PROMOTING POSITIVE WELLBEING_

- Take some time for self-care and encourage others to do the same - this could be by sharing positive messages with others or asking 'how are you?' and listening carefully to their response
- Create an exercise or dance routine for others to get involved with that spreads positivity
- Share some of your favourite healthy and nutritional recipes
- Recommend any uplifting music, podcasts and/or books that you enjoy
- Take part in The Diana Award's '30 Days of Kindness Challenge' on social media. Download the resource at antibullyingpro.com/resources

USING YOUR VOICE TO CHANGE THE WORLD_

- Raise awareness for a specific community group who need support during this time
- Get in touch with local charities or organisations who may require additional support and ask how you can help (make sure you have your parent/guardian's permission to take part and keep yourself safe)
- Raise awareness for a cause you care about by sharing their campaign online
- Create an anti-bullying blog and share inspiring stories and articles you come across with others - you could also ask your peers and/or staff leads to contribute! Check out The Diana Award's blog page for inspiration

MAINTAINING HEALTHY RELATIONSHIPS_

- Continue to work with your Anti-Bullying Ambassador team and Staff Lead to share ideas and raise any concerns
- Uphold regular contact with your family and friends, making time to catch-up face to face (if safe) or via video call where possible
- Ensure you reach out to those who may need your support and take the time to listen to anyone in need
- Remember to speak to someone you trust about any problems you might be experiencing. You can also text DA to 85258 to access The Diana Award Crisis Messenger for free, 24/7 advice

SUPPORTING ONLINE SAFETY_

- Collaborate with a trusted adult to create a social media page dedicated to spreading positive messages
- Share useful tips on how to stay safe online with your peers - you can even use some of The Diana Award's online safety resources
- Be an Upstander by reporting any unkind comments or behaviour you see online
- Share other online support tools and resources found in The Diana Award's resource centre

Remember, it may be a strange time at the moment but you still have the power to tackle bullying behaviour and amplify your voice by taking your campaign online - good luck!

