

EARNING

BADGES

DURING

LOCKDOWN



Was your Anti-Bullying Ambassador team working towards one of the additional badges (Community Action, Online Safety, Wellbeing or Respect) before schools across the UK closed due to the COVID-19 pandemic? Or do you want to start to focus your anti-bullying campaigns on one of these badges during lockdown?

To earn an additional badge, you need to complete five different actions towards that badge and run a campaign that reaches your whole school. We want you to be able to keep working towards these badges whilst at home.

Keep reading for some inspiration for earning each badge!

COMMUNITY ACTION

The Community Action Badge is all about organising events and activities that build a sense of community and decrease barriers between different members of the community. This includes fundraising events, raising awareness for a specific community group or working with the local government or police. This badge is extremely relevant right now as we come together as a community to adapt to a different way of life. Below we have listed ideas for actions that your Anti-Bullying Ambassador team could take to earn the Community Badge from your own homes:

- **Group fundraiser** – Why don't you set up an online group fundraiser for a charity that is supporting vulnerable people during the pandemic? For example, you could raise money for a charity that supports young people's mental health. Set yourselves a challenge and ask for donations. Take inspiration from those currently fundraising, like Captain Tom who completed 100 laps of his garden ahead of his 100th birthday to support the NHS.
- **Online talk** – If your school is using an online video call platform, why not invite someone from a local charity to deliver a talk to students on their anti-bullying related cause?
- **Parent training** – Use whatever platform you have access to and educate parents on bullying behaviour and how to support their children if they have experienced bullying behaviour. You could write a blog or newsletter article or even create a video together.



ONLINE SAFETY

The Online Safety Badge is about promoting how to stay safe online and can involve educating others in online safety, digital resilience workshops, assemblies or social media campaigns. This work is really important under current circumstances. Many of us are finding that we have far more time on our hands and we are turning to social media and the internet to keep us occupied. Now more than ever, it's important that you educate your peers on how to protect themselves online. Here are some ideas:

- **Online support tool** – Ask your staff lead to help you set up an online support tool. This can allow other students to report any bullying behaviour that they are experiencing whilst out of school and should be monitored by a staff lead. Remember to also promote The Diana Award Crisis Messenger which provides free, 24/7 crisis support across the UK. Young people in crisis can text DA to 85258.
- **Poster competition** – Set up a poster competition on how to stay safe on different apps. Encourage participants to identify and explain different tools like the report and block functions on lots of apps.
- **Anti-Bullying blog** – Create an anti-bullying blog series. You can use this space to share stories of positivity and kindness during this crisis. You can also educate other students about topics like mental health or celebrate important dates like Pride.



WELLBEING

The Wellbeing Badge is about encouraging positive physical and mental health and can involve peer mentoring, mental health awareness, support groups, online support tools and safe spaces in school. Our research has shown that wellbeing is a very important topic for young people during the school closures. This is a great time for your anti-bullying team to come together to improve student wellbeing. Here are some activity ideas:

- **Positive window displays** – Organise for your Anti-Bullying Ambassador team and the wider school to create positive window displays at the front of your houses. You may have seen that communities across the UK are putting drawings of rainbows up to help cheer up those who are currently feeling isolated. Put your own spin on this and display anti-bullying messages and quotes promoting kindness.
- **Buddy system** – Set up a buddy system and ask everyone to check in on their allocated buddy on specific days to see if they want a chat. If you have school email addresses, you can use these. You could include teachers too as they could also be feeling isolated and it's important that you encourage students to look out for everyone in the community. Remember to explain to your peers that you should go to a teacher or staff member if you're worried about someone's mental health.
- **Feel Good Friday** – Organise virtual Feel Good Fridays and ask everyone in school to do something that makes them feel good every Friday, for example, dance to your favourite song or cook your favourite meal.



RESPECT

The Respect Badge is about tackling identity-based bullying, championing diversity & inclusion or promoting equal rights for any of the nine protected characteristics. This badge is really important as a campaign in this area will promote acceptance and equality in your school and reduce prejudice. Here are some ideas you could work on:

- **Pride celebration** – Use LGBTQ+ Pride Month in June to celebrate different identities. You could write a team blog post explaining how your school supports and celebrates LGBTQ+ people.
- **Inclusive anti-bullying policy** – As a team, update your anti-bullying policy to ensure that it specifically mentions all of the protected characteristics (i.e. religion and gender).
- **Whole school survey** – If you can, ask other students to complete a survey that helps you to identify if students have experienced bullying behaviour related to an aspect of their identity like their sexuality or race. Create an action plan that responds to the results of this survey to tackle any problems you've identified.



Your anti-bullying staff lead should be able to help you organise many of these activities so check in with them and ask for some support. Make sure you do this for any actions you take so they know what your plans are.

Ask your staff lead to get in touch with the Anti-Bullying Aftercare team if you think you have completed five actions towards a badge via antibullying@diana-award.org.uk

Remember, aim to get the whole team involved in organising each action. You should also aim to reach the whole school with each badge campaign. We can't wait to see what you all do!



We're proud to be the only charity set up in memory of Diana, Princess of Wales and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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