

INTRODUCING RESPECT

To be an Upstander against bullying behaviour, it's important that we know how to show respect to one another. Respecting other people means we will treat other people kindly and fairly and do the right thing when we witness bullying behaviour.

Respect is about acting in a way that shows you care about other people's feelings.

This activity will help you to think about some different ways to show respect to other people.

HOW TO ACT WITH RESPECT

Choose the answer that demonstrates the most respect for others.

You're in the playground and nearly the whole class is playing football. Emma, a girl from your class, recently broke her leg so she is sitting by herself watching. How could you show Emma the most respect?

- A. Keep playing football with everyone else.
- B. Take a break from the game to sit with Emma and offer to play a game she can play tomorrow.
- C. Wave at Emma and quickly get back to the game.

Your teacher sets you some maths homework. You feel a bit annoyed because you're finding the topic difficult. What do you do?

- A. Complain to your friends at lunch about how annoyed you are.
- B. Don't bother doing the homework.
- C. Talk to your teacher after class and explain that you need a bit of extra help with this topic.

At lunch, one of your friends makes a mean joke about someone else in your class. What do you do?

- A. Explain to your friend that it wasn't very nice to make that joke and ask them not to do it again.
- B. Laugh at the joke.
- C. Make another joke about someone else to try and get everyone to laugh again.

HOW WILL I RESPECT OTHER PEOPLE?

Fill in the blanks.

A time I recently showed respect to someone was

I will respect other pupils by

I will respect my teachers by

I will show kindness on the playground by



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 for young people by young people.

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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