

SUPPORT NETWORK ACTIVITY

It's important for young people to know that they are not alone if they're experiencing bullying behaviour. This activity is going to challenge them to create their support networks - five (or more!) people, they can turn to if they need to talk about bullying. The names on the hand will represent their support network.

EXAMPLE SUPPORT NETWORK:



INSTRUCTIONS

You'll need to print either the template hand on page 2 or blank space on page 3 beforehand (1 per pupil).

If using the blank space, your pupils will need to draw around their hand.

They will then need to write one name on each of the fingers. This could be a family member, favourite teacher, friend, sibling, cousin, a support service such as ChildLine, or even a pet or writing in a diary.

IDEAS

At some point during this activity, you might want to take the opportunity to remind your pupils of your school's Anti-Bullying Policy specifically how to report bullying behaviour and who they can speak to if they need support.

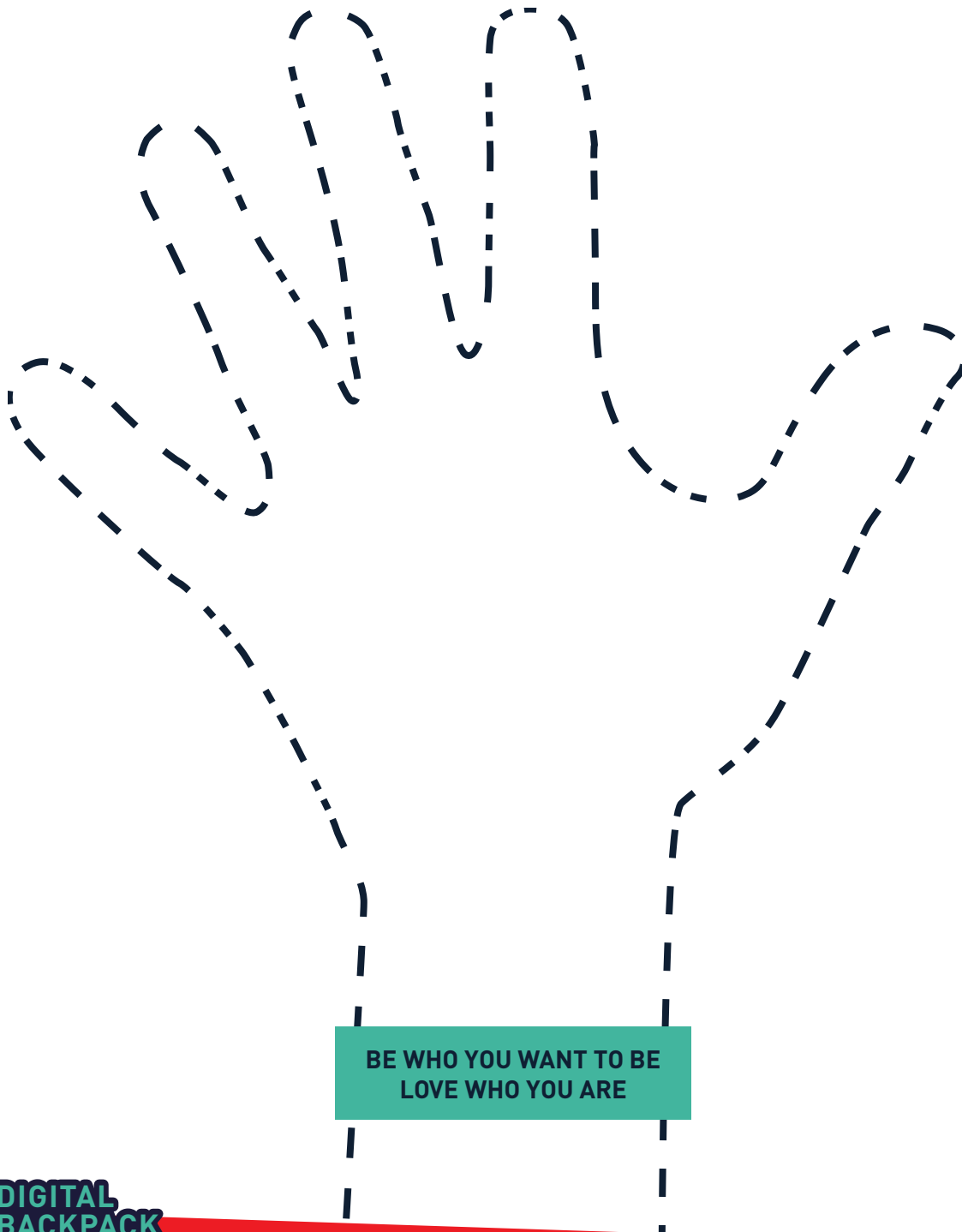
Once your pupils are done, they could cut out their 'support networks' and create a display in school to take a stand against bullying! Take a photo the display and tag us [@antibullyingpro](#) and [#AntiBullyingAssembly](#) so we can see it and share on our social media!



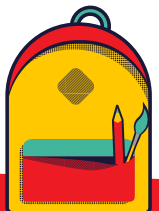
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It's important to know that you're not alone if you're experiencing bullying. We challenge you to create your support network – five (or more!) people you can turn to if you need to talk about bullying.

Write one name on each finger of the hand below. This could be a family member, favourite teacher, friend, sibling, cousin, support service such as ChildLine, or even a pet or writing in your diary.



BE WHO YOU WANT TO BE
LOVE WHO YOU ARE

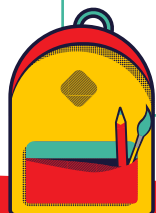


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DRAW YOUR HAND HERE



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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