

# HOW TO \_

## GROW YOUR ANTI-BULLYING AMBASSADOR TEAM



Having a united Anti-Bullying Ambassador team is key to getting your message across to the rest of your school. At The Diana Award, we understand that school life is constantly shifting and evolving and therefore you may find yourself struggling to maintain your Anti-Bullying Ambassador team. Whether it be because your peers have transitioned to new schools or have just lost motivation for the work, this resource aims to offer some useful tips for increasing engagement with your anti-bullying work and growing your Anti-Bullying Ambassador team.

### INTRODUCE ANTI-BULLYING AMBASSADORS

Finding opportunities to promote the Anti-Bullying Ambassador role across the whole school is key to growing your team. When presenting yourselves to the rest of the school, it will be clear to see that you are a fun and supportive group, who welcome everyone and anyone into Anti-Bullying work. Whole school assemblies are a great opportunity to present yourself and what you do, but you could also consider creating an Anti-Bullying Ambassador noticeboard. Your noticeboard could include pictures and updates of all the work that you are doing to tackle bullying behaviour and how others can get involved in your campaign.

### PEER-LED TRAINING

An important part of being an Anti-Bullying Ambassador is having the skills and knowledge to carry out successful anti-bullying initiatives in your school. Why not run your own Anti-Bullying Ambassador training session with your peers? Use your workbooks from the training to give your classmates top anti-bullying tips and skills and play games like Human Bingo to break the ice! Our Resource Centre contains many resources to help support your Anti-Bullying work and train more young people to #StandUpToBullying. Check it out here: [www.antibullyingpro.com/resources](http://www.antibullyingpro.com/resources)

### PROMOTE DIVERSITY

A great way to grow your Anti-Bullying Ambassador team is by making sure there is a role for everyone in the team and that your campaign is accessible to all members of the school community. This can be done by carrying out campaigns or initiatives that aim to tackle bullying behaviour, champion diversity and inclusion and promote equal rights for everyone. As Anti-Bullying Ambassadors it is your role to make sure that diversity is something to be celebrated, and that nobody feels discriminated against for being "different" in any way. The more inclusive you are as a team; the more people will want to join you as you work to tackle bullying behaviour in your school.

### ONLINE ANTI-BULLYING TOOLS

The team at The Diana Award has produced a set of pre-recorded Anti-Bullying videos for both primary and secondary students! Whether you are trained Anti-Bullying Ambassadors or passionate upstanders willing to learn more about anti-bullying, there's something for everyone. These videos can be watched alone, with a parent/carer or delivered as part of a class session. Topics range from 'How to be an Upstander' and 'Public Speaking - Level Up!' to 'Bullying Behaviour and Mental Health'. You can access these videos [here](#).

If you recruit some new members for your Anti-Bullying Ambassador team, they can watch these videos to learn more about anti-bullying work before they come along to Anti-Bullying Ambassador training at the next opportunity.

### SHARE STORIES

When trying to encourage your peers to take on the role of an Anti-Bullying Ambassador it can often be helpful to share your own experiences as Anti-Bullying Ambassadors. See if anyone would feel comfortable sharing a story about how being part of the Anti-Bullying Ambassador team has been a positive experience for them. You could share this as part of an anti-bullying assembly, blog post or video.

### WHOLE SCHOOL EVENTS

Running whole school events provides the perfect opportunity to raise awareness of your Anti-Bullying campaign and get the whole school involved in lots of fun anti-bullying themed activities. It is also a great time to talk to as many people as you can about your anti-bullying campaign and the benefits of being part of the Anti-Bullying Ambassador team. Make sure you run activities that promote a positive school environment that everyone will want to get involved with!

Once you have established yourself as a team it will be down to you to make sure everyone in your school knows who you are, what your role is and why Anti-Bullying work is important to you. Persevere with reaching out to the whole school to let them know what you do, and you will begin to improve engagement with the programme and might find some great new members for your Anti-Bullying Ambassador team!

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.

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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.

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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](https://diana-award.org.uk/donate)

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