

# HOW TO GROW YOUR

# ANTI-BULLYING

# AMBASSADOR TEAM SKILLS



Growing your Anti-Bullying Ambassador team skills is not only important for combating bullying behaviour but is also key for building a successful Anti-Bullying campaign. Providing opportunities for skills enhancement is a great way to help your Anti-Bullying Ambassador team develop and continue to carry out their work in school and in their communities.

## IDENTIFYING STRENGTHS

Having a united Anti-Bullying Ambassador team is absolutely key to getting the message across to the rest of the school. One of the best ways to become an effective and organised team is to assign roles to different members of the team. This will allow you to play to your strengths and share the workload. Each member of the team will have a skill, strength or attribute that makes them valuable to the Anti-Bullying campaign. Ask the team to think about what skills they feel makes a good Anti-Bullying Ambassador and what things they want to improve on. By identifying the different strengths that make up the team, you can use this to find out which skills the team need help building through extra training.

## SAFEGUARDING TRAINING

The number one job of an Anti-Bullying Ambassador is being able to offer peer support. However, before your team can start supporting others or intervening, it is very important that they know how to do this safely. Providing the Anti-Bullying Ambassadors with Safeguarding training will give them the opportunity to learn how to intervene safely if someone is experiencing bullying behaviour or if someone approaches them with a sensitive issue. You could also draw up a Safety and Safeguarding Script with the team and have them practice this together, so they know what to do in any situation that comes up.

## DEVELOPING CONFIDENCE

Being able to promote their message to the whole school is key to creating a successful Anti-Bullying campaign. Therefore, helping the Anti-Bullying Ambassadors develop their confidence to present to the whole school is very important. A great way to build confidence levels is to start by sourcing the team smaller opportunities, for example, why not have the team present their work during a staff meeting or encourage them to get involved with speaking to parents during an Open Evening? Such opportunities where the team can practice their public speaking skills in smaller settings will go a long way in helping them to develop their confidence speaking to larger groups of people.

## COME AND TRAIN WITH US!

The Diana Award's Anti-Bullying Programme offers free Upskill Training for both staff and students from trained Anti-Bullying Ambassador schools across the UK. These events offer further development opportunities for your school and Anti-Bullying Ambassadors alike. By attending an Upskill event, students and staff can gain further skills in:

- Conflict resolution
- Networking with other Anti-Bullying Ambassadors
- Confidence and public speaking skills.

For further information please visit:  
[www.diana-award.org.uk/antibullyingtraining](http://www.diana-award.org.uk/antibullyingtraining)

## MORE RESOURCES\_

Our online Resource Centre offers practical tools and ideas to help support your Anti-Bullying work and build the skills necessary for creating a safe and inclusive environment in school. Please visit: [www.antibullyingpro.com/resources](http://www.antibullyingpro.com/resources)

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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