

HOW TO_

SUPPORT A PEER



STEP BY STEP GUIDE FOR SUPPORTING PEERS

As an Anti-Bullying Ambassador, how can you best support your peers? This step by step guide will explore different types of peer support and help you set up the method that works for you!

PHASE 1 - IDENTIFY YOUR METHOD_

You will need to start by choosing the right peer support system for your school. You can identify the needs of other students by sending out a survey that asks questions such as 'where do you feel most or least comfortable at school?' and 'are there lots of bullying incidents on the playground?'

If the answer is yes, this might suggest you should find a safe space indoors to offer a lunchtime support group. Ensure you have the time, space, and capacity. You may need an hour on a Monday lunchtime and a spare classroom, for example. Are you all committed to giving up several lunchtimes each term? The method you choose needs to be consistent. If you tell everyone that you are available every break time for a chat, it is important that you stick to this so that no one feels let down.

PHASE 2 - PLANNING_

Now that you know what you want to offer, it's time to start planning. Use a SMART plan to ensure that you have thought of everything that you need to make this a success. Think about who, what, where, when and why to guide your plans. Decide who is leading on this project, where it will take place and how often you can commit to offering this support.

PHASE 3 - SUPPORT_

Once you have created your thorough plan, you may need to go to your school's Senior Leadership Team (SLT) for approval. Your anti-bullying staff lead can help you gain permission to go ahead with your plans. If you need to take the proposal to SLT, why not create an inspiring presentation to show them which explains the impact your support method will have?

PHASE 4 - PROMOTION_

Tell everyone about your new plans! Use assemblies, posters and leaflets or ask form tutors to tell all their students about this new method of support.

PHASE 5 - DELIVERY_

Now that you have been given the go ahead for your plans, it's time to get started! Set up a rota so you know who is responsible for leading on this every week.

Here are some ideas that can help you to run an effective peer support system:

- Create business cards that you can hand out to people who come to you for support. Include details of The Diana Award's Crisis Messenger, which supports young people in a crisis. Encourage them to text DA to 85258 for support.
- Always go to a staff member if you are concerned about someone's wellbeing or aren't sure how to help.
- Keep a record of any trends in bullying behaviour that you notice in order to support your preventative anti-bullying work (e.g. if you recorded multiple incidents of homophobic language, this could indicate the need to focus on LGBTQ+ awareness).

If you follow these steps and plan effectively, we know you will be offering some amazing support to others in your school. Well done for your hard work as Anti-Bullying Ambassadors!

FURTHER SUPPORT_

What is The Diana Award Crisis Messenger? The Diana Award Crisis Messenger provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258. Trained volunteers will listen to how you're feeling and help you think the next step towards feeling better.

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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