

## WHAT TO DO\_

# IF YOUR ANTI-BULLYING AMBASSADOR TEAM IS EXPERIENCING BULLYING BEHAVIOUR OR BEING TEASED FOR THEIR ROLE



Firstly, we want to say thank you for your work so far as an Anti-Bullying Ambassador. Whether you were trained last week or a few years ago, we are so pleased that you attended training and are setting out to tackle bullying behaviour in your school. You should be proud to wear your Anti-Bullying Ambassador badge and we know you will make a big difference.

We know that sometimes young people can experience bullying behaviour, like being teased, for taking on certain responsibilities such as becoming an Anti-Bullying Ambassador. A common issue we hear from schools around the country is that reporting is labelled as 'snitching'. It's important that you and everyone else in your school understands that speaking out about bullying behaviour is always the right thing to do and we're here to help you do this safely. It's also important to highlight to your school community that any teasing is exactly why your Anti-Bullying Ambassador role exists in the first place! Standing up to bullying behaviour is vital in order to promote a kinder, safer environment for everyone in your school community.

### CAMPAIGN FOCUS

Your role is not solely to identify and report bullying behaviour to staff. As an Anti-Bullying Ambassador, you can support your peers yourself through things like lunchtime safe spaces, wellbeing campaigns and broader projects that promote kindness and respect for those with different identities.

In your next meeting, why not take a step back and focus your campaigns around positivity and creating a fun, inclusive atmosphere for all students. You could decide your next move could be a fun fundraising event or random acts of kindness day that everyone will enjoy.

### TEAM NAME

Some schools that we have spoken to have decided that having 'bullying' in their team's name was not right for them. Why not consider a name change? If your main focus is student wellbeing, you could call yourselves the Wellbeing Ambassadors. Or, if you're focused on respect for others, what about Respect Champions?

### STAFF SUPPORT

Remember that your anti-bullying staff lead is always there to support you. Talk any problems through as a team and with your staff lead and try to identify some actions you can take to stop this from happening again.

### HAVE FUN

If you have been focusing on things like providing one-to-one support and running assemblies to raise awareness, why not plan an action that is fun and spreads positivity for everyone in school? You could organise a Feel Good Friday or a fun fundraising day that raises money for an anti-bullying charity like The Diana Award.

Remember, you are doing an amazing thing by giving up your time to tackle bullying behaviour and you should not have to put up with anyone treating you badly because of this. Reach out to the rest of your team and try implementing some of the ideas above. Get in touch with our Aftercare team if you want more help at [antibullying@diana-award.org.uk](mailto:antibullying@diana-award.org.uk)

### 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.

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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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