

INTRODUCTION

Below, you will find four scenarios which each depict an issue related to bullying behaviour. As Anti-Bullying Ambassadors, you can use these scenarios to lead discussions with your peers in class, assemblies, form times, workshops or at events. You will ask your peers questions about how they could provide advice and support to someone experiencing bullying behaviour. You can also use the scenarios to ask your peers to think of suggestions about how these types of situations can be prevented from happening.

Feel free to use these scenarios as inspiration to create your own scenarios! You could think about recurring issues related to bullying behaviour that happen in your school and create scenarios on those topics. You know your school best!

Check out the scenarios which you could put into a PowerPoint presentation when showing them to your peers. Make sure to also print out copies of the 'Suggestions and Discussion Points' page for your Anti-Bullying Ambassador team to refer to when leading the discussion!

SCENARIO ONE

The Issue: Zain is being targeted with verbal and physical bullying behaviour.

After being picked on for a few weeks, Zain has managed to avoid a group of students who are targeting him.

Unfortunately, one member of the group has managed to access Zain's location through Snap Maps.

After school the group find Zain in the town centre and a serious argument takes place. One of the other students hits Zain and then they run away. He tells you about this in class the next day.

Think about:

- How would you support Zain?
- What advice would you give to Zain?
- How will you make sure that the issue doesn't happen again?

SCENARIO TWO

The Issue: Nadine, a wheelchair user, experiences bullying behaviour in school.

A student in your school, Nadine, uses a wheelchair.

You overhear a student group saying that Nadine doesn't belong in the school as her wheelchair gets in the way and blocks the corridor.

The group of students also use offensive names about Nadine relating to her disability.

Think about:

- How would you support Nadine?
- What advice would you give to Nadine?
- How will you make sure that the issue doesn't happen again?

SCENARIO THREE

The Issue: Mika is experiencing bullying behaviour outside of school.

Mika, who is your school friend, has told you that they are being bullied by someone outside of school, and it has now become physical.

You want to stop this, but you don't want to get involved. Mika has asked you not to tell a teacher because they don't want to make matters worse.

Think about:

- How would you support Mika?
- What advice would you give to Mika?
- How will you make sure that the issue doesn't happen again?

SCENARIO FOUR

The Issue: Megan is excluded from online and offline activities.

Megan has been left out of group chats and classroom activities by others in the year group throughout the last term.

You notice that Megan has become very quiet in class. Megan no longer attends any of the clubs she used to go to.

You're worried that the bullying behaviour Megan is experiencing might be affecting her mental health and wellbeing.

Think about:

- How would you support Megan?
- What advice would you give to Megan?
- How will you make sure that the issue doesn't happen again?

SUGGESTIONS AND DISCUSSION POINTS

SCENARIO ONE: Zain is a target of physical and verbal bullying behaviour.

- **Check** If Zain is okay and encourage him to reach out to the DA Crisis Messenger (24 hours a day, free service. Text 'DA' to 85258).
- **Suggest** Zain regularly reviews his privacy settings on Snap Maps so that he is in control of who can access his profile.
- **Suggest** that Zain tells a trusted adult, for example a teacher or parent. Offer to come with Zain to tell an adult what has been happening.

! Anti-Bullying Ambassadors could organise student workshops or assemblies about online safety. **This would count as an action towards the Online Safety Badge.**

SCENARIO TWO: A student, Nadine, who uses a wheelchair, experiences verbal bullying behaviour.

- **Approach** Nadine and advise them to not respond to the other's comments.
- **See** if Nadine needs any additional support from the school - you could then signpost her to the appropriate adult at school who can provide ongoing support.
- **Suggest** Nadine tells a trusted adult, such as a teacher or teaching assistant.
- **Take note** that such comments or actions can be classified as a hate incident under the Equality Act which includes disability. If Nadine feels comfortable enough to do so, she should report this to the school.

! Anti-Bullying Ambassadors could run a school wide campaign about respecting other's differences (diversity and inclusion). **This would count as an action towards the Respect badge.**

SCENARIO THREE: Mika is experiencing physical bullying behaviour outside of school.

- **Say** thank you to Mika for letting you know but reassure them that telling a trusted adult will be the best thing to do in this situation – Mika's safety and wellbeing is the most important thing.
- **Suggest** that Mika walks home with you and your other friends after school to ensure their safety.
- **Signpost** Mika to the Diana Award Crisis Messenger Service (24 hours a day, free service. Text 'DA' to 85258).

! Even though this has not happened in school, Anti-Bullying Ambassadors might want to run a campaign about treating people with respect and how you would like to be treated. **This would count as an action towards the Respect badge.**

SCENARIO FOUR: Megan has been constantly excluded from online and offline activities at school (Indirect bullying behaviour).

- **Check in** on Megan regularly to see how she is doing.
- **Invite** Megan to take part in activities with you or your friendship group.
- **Signpost** Megan to the Diana Award Crisis Messenger Service (24 hours a day, free service. Text 'DA' to 85258).

! Anti-Bullying Ambassadors could run a school wide campaign to raise awareness about mental health and how to access support. **This would count as an action towards the Wellbeing Badge.**

Anti-Bullying Ambassadors could run a school wide campaign to promote treating people with kindness and respect both online and offline.

Don't forget to signpost your peers to further support and resources at the end of the session – here are some we recommend:

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 through the next steps towards feeling better.

For further resources and activity ideas, visit antibullyingpro.com/resources

For further support, including a list of organisations, visit antibullyingpro.com/support

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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