ANTI®
BULLY
ING

FROM THE DIANA AWARD

AMBASSADORS

2023-24



What are Anti-Bullying Ambassadors?

- Being an Anti-Bullying Ambassador is about empowering young people to get involved in social action to make a difference in our communities.
- We will be putting our knowledge, skills and confidence into practice to help tackle bullying behaviours.
- We are trained and passionate about standing up to bullying behaviour.
- We believe we can make positive change.

Sharing some of our training with you!

What is bullying behaviour?

Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

The Diana Award definition

What is bullying behaviour?



V

VERBAL

The repeated negative use of speech, sign language, or verbal gestures to intentionally hurt others.



I

INDIRECT

The repeated negative use of actions, which are neither physical nor verbal, to intentionally hurt others.



P

PHYSICAL

The repeated negative use of body contact to intentionally hurt others.

EXAMPLES_

V

VERBAL

Hurtful words, offensive language, swearing, discriminatory language



I

INDIRECT

Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/ taking someone's property, physical intimidation



P

PHYSICAL

Hurting someone intentionally, kicking, punching, pinching, spitting, slapping



It is a choice.
It can be challenged.
It can change.

Let’s practice the power of positivity by paying each other a compliment.

TTYP

We want to encourage all of us to be an upstander, not a bystander!

Reporting bullying behaviour

- We want you to feel comfortable reporting bullying behaviour or seeking our support.

- Anti-Bullying boxes.

Badges

- Working towards our inclusion badge.

- Identity Fun Run.




THA
NK
YOU