

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: A new student, Layla, is learning English and is being targeted with bullying behaviour.

There is a new student, Layla, in your class. Layla is from another country, and she is still learning the English language.

During the lunch break, you notice some students making fun of the way that Layla speaks and sounds. You also hear them making fun of Layla's surname.

Think about:

- What could you do to support Layla?
- What advice could you give Layla?
- How will you make sure that this type of issue doesn't happen again?

SCENARIO TWO

The Issue: One of your classmates, George, is much bigger, taller and physically stronger than the rest of the class.

You have seen George pass notes to other people in the class. The notes say, "You are going to get it if you do not do what I want at lunchtimes."

You have seen George kicking and pushing other students over.

Other Anti-Bullying Ambassadors have also seen this bullying behaviour happening.

Think about:

- How would you support the classmates who are experiencing the bullying behaviour?
- What advice would you give to classmates who are experiencing bullying behaviour?
- How will you make sure that this issue doesn't happen again?

SCENARIO THREE

The Issue:

Classmates who are on social media receive horrible comments.

You know that some people in your class are on social media, like Snapchat or Instagram. Some of these classmates have had horrible comments posted on their profiles or pictures.

Your parents have told you that you cannot have a social media account until you are 13 because being on social media is not allowed before then.

Think about:

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

SCENARIO FOUR

The Issue:

Michael is being targeted with bullying behaviour while travelling on the school bus.

A student, Michael, has told you that they have been experiencing bullying behaviour by a group of pupils whilst on the bus travelling to and from school.

The group of pupils say mean things about Michael's family, the clothes Michael wears and their favourite football team.

Think about:

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

SUGGESTIONS AND DISCUSSION POINTS

SCENARIO ONE: Layla a new student at school is learning English and is being targeted with bullying behaviour.

- **Ask** if Layla is OK.
- **Invite** Layla into your friendship group
- **Suggest** that Layla tells a trusted adult, for example a teacher.

! Anti-Bullying Ambassadors could run a campaign about respecting other's differences and including people (Diversity and Inclusion). For example, you could run an event where you invite everyone to wear their own clothes and bring in food related to their family's culture. **This would count as an action towards your Respect Badge.**

SCENARIO TWO: George, a classmate, has been seen kicking and punching others (physical bullying behaviour).

- **Ask** those experiencing the bullying behaviour if they would like to play with you at lunchtime.
- **Tell** a trusted adult, for example a lunchtime assistant what has been happening.

! Anti-Bullying Ambassadors could create safe spaces in school where students can go at lunchtime. **This could count as an action towards the Wellbeing Badge.**

SCENARIO THREE: Classmates experiencing indirect bullying behaviour on Snapchat/Instagram.

- **Follow up** with your classmates to ask if they are OK.
- **Recommend** that your classmates take a screenshot of the horrible messages to keep and use as evidence to show a trusted adult.
- **Recommend** that your classmates mute, block, and report to the platform.
- **Suggest** that your classmates have time off/away from platforms they are permitted to be on i.e., PS4 network, YouTube Kids.
- **Run an assembly** to explain age restrictions on social media and that if you are underage (usually under 13 years old) you cannot be on social media sites. Explain that these age restrictions are there to protect you.
- **Suggest** that your classmates tell a trusted adult, for example parent, carer, teacher.

! Anti-Bullying Ambassadors could run digital resilience workshops. **This would count as an action towards the Online Safety Badge.**

SCENARIO FOUR: Michael is experiencing verbal bullying behaviour on the school bus.

- **Thank** Michael for telling you.
- **Suggest** Michael reports the bullying behaviour to a trusted adult, for example teacher, parent, bus driver.
- **Ask** Michael what he would like to do about dealing with this bullying behaviour.
- If you get the bus too, **ask** to sit with Michael.
- **Suggest** to Michael that he can ignore the comments and tell him that he is perfect just as he is.
- **Signpost** Michael to the Diana Award Crisis Messenger Service (24 hours a day, free service. Text 'DA' to 85258).

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

Give us feedback on this resource:
<https://tinyurl.com/ab-feedback>



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