



ASPIRATIONS

ANTI BULLYING AMBASSADOR BOOKLET



SELF-WORTH



ENGAGEMENT



PURPOSE

- EMPOWERED TO MAKE A DIFFERENCE -



SELF-WORTH

Defining and understanding what bullying means
Key skills of an anti-bullying ambassador
Qualities of an anti-bullying ambassador



ENGAGEMENT

Understanding what bullying means
Spotting the signs of bullying



PURPOSE

Dealing with bullying
Committing to the anti-bullying charter
Signing the anti-bullying Pledge



WHY SHOULD OUR SCHOOL HAVE AN ANTI-BULLYING PROGRAM?

General Bullying Stats

- 46% of teens report being cyberbullied at least once.
 - At 32%, the most common type of cyberbullying was offensive name-calling.
- 15% of all teens think they were cyberbullied because of their appearance.
- 43% of transgender students have been bullied at school.
- 30% of the LGBTQ+ population is electronically bullied.
- 27% of bullied students say being bullied negatively affects how they feel about themselves.
- Approximately 20% of teens say bullying has a major impact on their mental health and confidence.
- Bullied students are twice as likely to attempt suicide.
- 11% of male students are victims of physical bullying, compared to 4% of female students.
- 38% of teens say that they have been bullied.
- Sixth-graders experience the most bullying (31%).

Racial Bullying

- At 53.8%, Hispanics are bullied the most of all races.
- 21% of Black teens report being bullied due to their race or ethnicity.



WHY SHOULD OUR SCHOOL HAVE AN ANTI-BULLYING PROGRAM?

School intervention programs are reported to reduce bullying by 30%-50%.

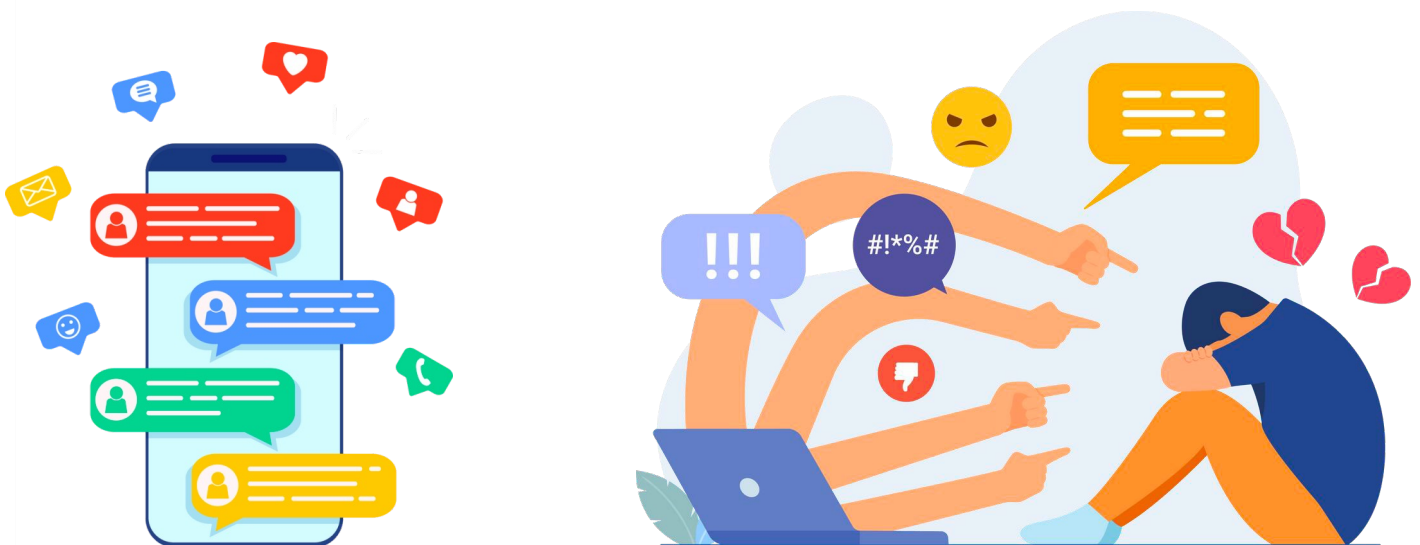
39% of teens say participating in sports events can reduce the level of animosity.

What percent of students are willing to intervene for a friend?

According to the latest stats on bullying in schools, 43%-48% of students reported that they would not intervene in bullying. That's quite unfortunate since, in 57% of cases, bullying stops when a peer intervenes.

Bullying is a criminal offense.

- Schools have no responsibility if bullying occurs off school premises.
- People with a physical disability, are more likely to experience bullying than a person without a physical disability.





ANTI-BULLYING TRAINING

This course will provide you the training so you feel equipped to make a difference. It will give you the basic knowledge on how to support someone if they feel they are being bullied and to empower you to act. The action can come in many forms including, listening to them if they want to talk and directing them to further support, if required. You will do this through taking part in different activities, which will teach you more about bullying and how you can help. You will become an anti-bullying ambassador for your school after this and be empowered to make a difference.



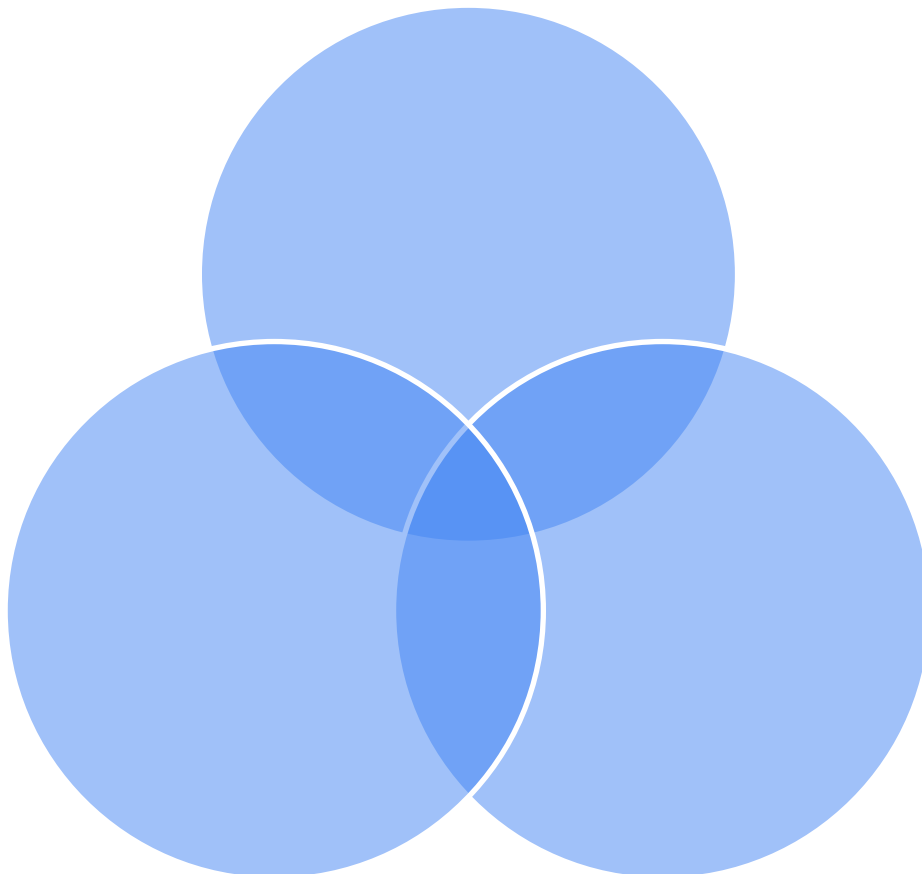


QUALITIES OF AN AMBASSADOR

Ambassador: a person who represents, speaks for, or advertises a particular organization or group of people.

What qualities would we expect someone to have as an anti-bullying ambassador? If an ambassador is someone that looks out for bullying, supports those that maybe being bullied and is a listening ear to anyone that may want to talk to someone, then what qualities should they have?

- *Kind*
- *Supportive*
- *Committed*
- *Passionate*
- *Honest*
- *Hardworking*
- *Confident*
- *Approachable*
- *Friendly*
- *Knowledgeable*
- *Fair*
- *Trustworthy*





KEY SKILLS

This role will take you on a journey to develop skills essential for your future success.

THE 3 KEY SKILLS



COMMUNICATION
Sharing information
Positive body language
Active listening



INITIATIVE
Acting before someone tells
you to do so
Resolving conflict
Being proactive



PROBLEM SOLVING
Finding solutions
Decision making
Teambuilding



COMMUNICATION



WHAT DOES COMMUNICATION MEAN?

BEHAVIORS

BODY LANGUAGE	
ACTIVE LISTENING	

INITIATIVE



WHAT DOES INITIATIVE MEAN?

BEHAVIORS

RESOLVING CONFLICT	
BEING PROACTIVE	



PROBLEM SOLVING

WHAT DOES PROBLEM SOLVING MEAN?

BEHAVIORS

DECISION MAKING	
TEAM-BUILDING	





SELF-REFLECTION QUESTIONS

Rate the skills and qualities that you will need to be an anti-bullying ambassador.

KEY SKILLS	SCORE				
COMMUNICATION	1	2	3	4	5
WHAT ARE MY STRENGTHS?					
WHAT DO I NEED TO IMPROVE?					
INITIATIVE	1	2	3	4	5
WHAT ARE MY STRENGTHS?					
WHAT DO I NEED TO IMPROVE?					



SELF-REFLECTION QUESTIONS

Rate the skills and qualities that you will need to be an anti-bullying ambassador.

KEY SKILLS	SCORE				
PROBLEM SOLVING	1	2	3	4	5
WHAT ARE MY STRENGTHS?					
WHAT AREAS DO I NEED TO IMPROVE?					

WHAT ARE SOME ACTIONS/INITIATIVES I CAN TAKE TO BE AN ANTI-BULLYING AMBASSADOR?



WHAT IS BULLYING?

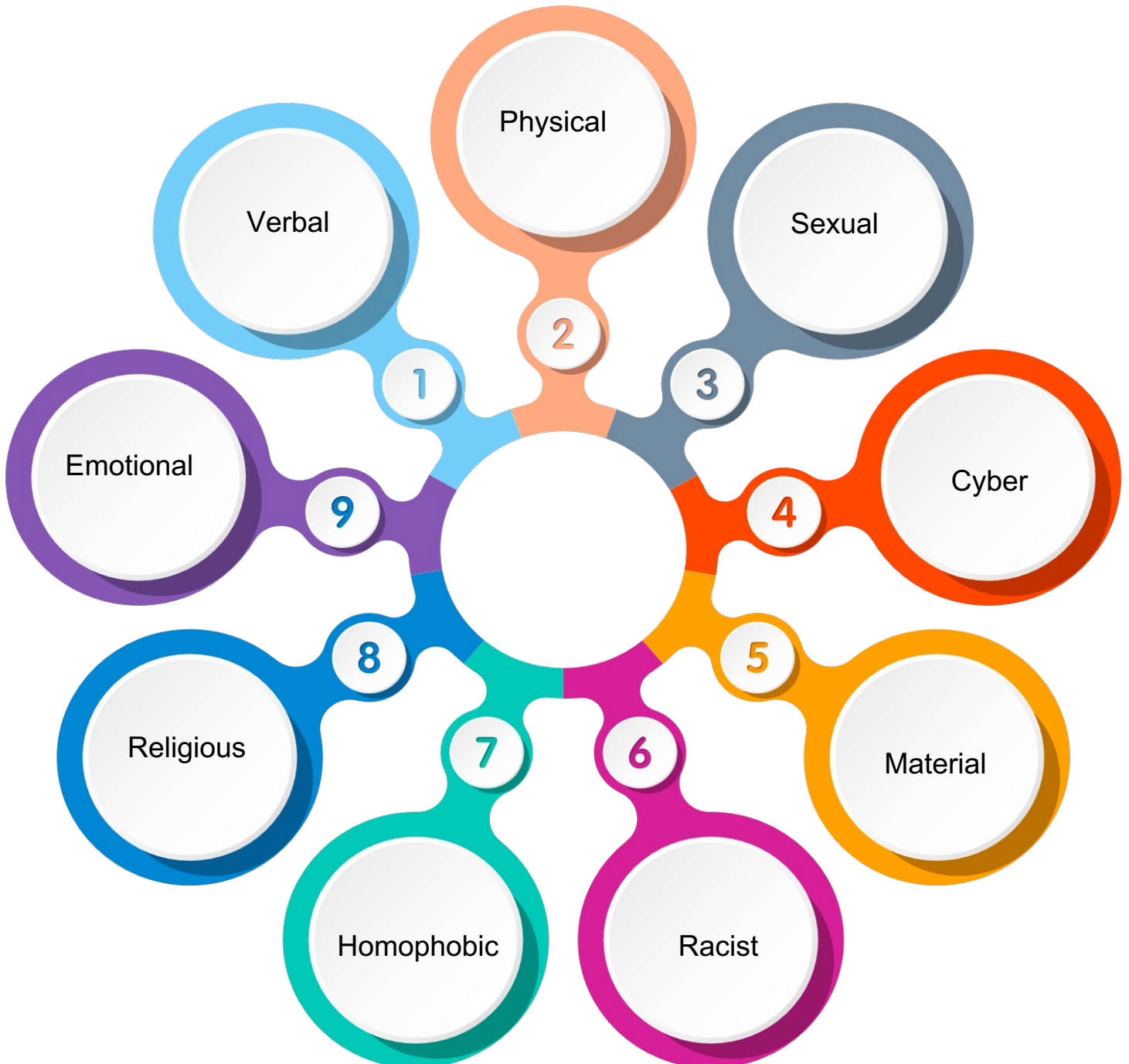
A large, empty light gray rectangular area intended for students to write their answers to the question 'WHAT IS BULLYING?'.

HOW MANY TYPES OF BULLYING CAN YOU LIST?

A large, empty light gray rectangular area intended for students to list the types of bullying they know.



THERE ARE 9 FORMS OF BULLYING





BULLYING IS NOT THE SAME THING AS A DISAGREEMENT BETWEEN TWO PEOPLE.

BULLYING IS:

Usually systematic and repeated, though one-off events can turn into bullying behavior.

Done by a person who perceives themselves as more powerful than the victim.

Distressing and hurtful to the victim rather than gentle banter between friends.

Usually one way rather than an exchange.



**WHAT DO YOU THINK THE SIGNS
OF BULLYING LOOK LIKE?**

1	
2	
3	
4	
5	
6	
7	



If a student is being bullied at school they may:





ACTIONS TO PREVENT BULLYING AT OUR SCHOOL

Does your school have an anti-bullying policy? Explore the policy together as a group.

If not, create your own policy using this template.

Sample Policy for Bullying Prevention

Adapted from <https://www.cde.ca.gov/ls/ss/se/samplepolicy.asp>

The _____ School District believes that all students have a right to a safe and healthy school environment. The district, schools, and community have an obligation to promote mutual respect, tolerance, and acceptance.

The _____ School District will not tolerate behavior that infringes on the safety of any student. A student shall not intimidate, harass, or bully another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; and social isolation or manipulation.

The _____ School District expects students and/or staff to immediately report incidents of bullying to the principal or designee. Staff who witness such acts take immediate steps to intervene when safe to do so. Each complaint of bullying should be promptly investigated. This policy applies to students on school grounds, while traveling to and from school or a school-sponsored activity, during the lunch period, whether on or off campus, and during a school-sponsored activity.

To ensure bullying does not occur on school campuses, the _____ School District will provide staff development training in bullying prevention and cultivate acceptance and understanding in all students and staff to build each school's capacity to maintain a safe and healthy learning environment



Teachers should discuss this policy with their students in age-appropriate ways and should assure them that they need not endure any form of bullying. Students who bully are in violation of this policy and are subject to disciplinary action up to and including expulsion.

Each school will adopt a Student Code of Conduct to be followed by every student while on school grounds, or when traveling to and from school or a school-sponsored activity, and during lunch period, whether on or off campus.

The Student Code of Conduct includes, but is not limited to:

- Any student who engages in bullying may be subject to disciplinary action up to and including expulsion.
- Students are expected to immediately report incidents of bullying to the principal or designee.
- Students can rely on staff to promptly investigate each complaint of bullying in a thorough and confidential manner.
- If the complainant student or the parent of the student feels that appropriate resolution of the investigation or complaint has not been reached, the student or the parent of the student should contact the principal or the Office of Student Services. The school system prohibits retaliatory behavior against any complainant or any participant in the complaint process.

The procedures for intervening in bullying behavior include, but are not limited, to the following:

- All staff, students and their parents will receive a summary of this policy prohibiting intimidation and bullying: at the beginning of the school year, as part of the student handbook and/or information packet, as part of new student orientation, and as part of the school system's notification to parents.
- The school will make reasonable efforts to keep a report of bullying and the results of investigation confidential.
- Staff who witness acts of bullying shall take immediate steps to intervene when safe to do so. People witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.



HOW TO DEAL WITH BULLYING

As a school we have a vision for our anti-bullying ambassadors and this is made clear in our Anti-bullying Student Code of Conduct.

Anti-bullying Student Code of Conduct

For students who experience bullying behavior:

- they are heard and they know how to report bullying and get help.
- they are confident in the school's ability to deal with the bullying behavior and steps are taken to help them feel safe again.

For students who engage in bullying behavior:

- sanctions and learning programs hold them to account for their behavior and help them to face up to the harm they have caused.
- they learn to behave in ways that do not cause harm in the future because they have developed their emotional skills and knowledge.

For the school community:

- the whole school community is clear about the anti-bullying stance the school takes and all pupils are clear about the roles they can take in preventing bullying, including the role of bystanders.



ASPIRATIONS ANTI-BULLYING PLEDGE

I agree to respect others and take a stand against bullying by supporting vulnerable young people around me and reporting bullying whenever I see it. This includes physical, verbal, cyber, racial, homophobic, religious, sexual, emotional, and any other form of bullying. I believe that everybody has the right to feel safe, included, valued, accepted, and respected at all times, and will try my best to achieve this as an Anti-Bullying Ambassador.

SIGNED:



- EMPOWERED TO MAKE A DIFFERENCE -



CRITERIA FOR COMPLETING

THE ANTI-BULLYING AMBASSADORS TRAINING PROGRAMME

Complete Aspirations Anti-Bullying Ambassador Training



Identify the key skills and qualities of an Anti-Bullying Ambassador



Identify the 9 forms of bullying



Understand how to spot the signs of bullying



Commit to the Trust anti-bullying charter



Sign the anti-bullying Pledge



- EMPOWERED TO MAKE A DIFFERENCE -

ANTI BULLYING TRAINING PROGRAM



PRESENTED TO

FOR SUCCESSFULLY COMPLETING THE ANTI BULLYING PROGRAM

DATE