

TOP TIPS_

PEER SUPPORT



As an Anti-Bullying Ambassador, your peers may approach you for emotional and practical support, especially those who are currently experiencing bullying behaviour or have experienced bullying behaviour in the past.

This sheet aims to provide you with some top tips for supporting your peers.

METHODS OF PEER SUPPORT

- Create a safe space. For example, open a lunchtime drop-in session and create a rota so Anti-Bullying Ambassadors are always available for a chat.
- Wear Anti-Bullying Ambassador lanyards, high-vis jackets or hoodies on the playground so your peers can easily identify who to go to for support.
- Create business cards to give out to those who approach you with details about how to access to The Diana Award's Crisis Text Messenger: diana-award.org.uk/news/diana-award-crisis-messenger
- Start a buddy bench so no one feels left out.
- Start a peer mentor programme to support your fellow student.
- Create a worry box, online reporting tool or peer support portal monitored by Anti-Bullying Ambassadors.

IMPORTANT TO REMEMBER

- Always go to a staff member if you are concerned about someone's wellbeing or aren't sure how to help.
- Keep a record of any trends in bullying behaviour that you notice in order to support your preventative work (e.g. if you recorded multiple incidents of homophobic language, this could indicate a need to focus on LGBTQ+ awareness).
- Consider how you can promote the ways that people can get your support (for example, posters announcing the lunchtime safe space or assemblies announcing your new peer mentor programme).
- Remember, you don't have to immediately solve everyone's problems – you are not a trained counsellor but by providing a listening ear, this can help the person feel less alone and more supported. Your anti-bullying staff lead can help if you don't know what to say or do.

Being an Anti-Bullying Ambassador means supporting your peers in school to create a safe and supportive environment that discourages bullying behaviour. A friendly conversation with someone at school, even if you've only just met, can make a huge difference in creating this environment. Someone who has experienced bullying behaviour (and even someone who is displaying bullying behaviour) may be desperate to just sit down and share their worries with someone else, so having a safe space in school that is dedicated to this is an important action in your anti-bullying work.

Remember, you can make a real difference just by being present and listening.

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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