

Bullies Out[®]



Youth Ambassador Information Pack

Welcome and thank you for your interest in joining our Youth Engagement Programme, 'Youth Ambassadors'. We have developed this information pack to help you and your parents/guardians (if relevant) understand fully the role of a BulliesOut Youth Ambassador.

Please do not be concerned about the amount of information in the pack – it looks worse than it is! Have a read through with your parents/guardian (if relevant) and if you are unsure about anything, just let us know.

Once you have read the information pack, please complete, with your parents help (if relevant), the application pack and return to BulliesOut.

We are excited about the participation of the 'Anti Bullying' Ambassadors in BulliesOut activities. This programme is designed to engage and empower a group of committed young people who have an interest not only in supporting BulliesOut but in Making a Difference and taking a stand against bullying.

As a Youth Ambassador, once you feel ready, you will have the opportunity to participate in various events and activities throughout the year. Your involvement may include talking about bullying and the effects it can have on a person, handing out BulliesOut flyers, cards and brochures, fundraising and promoting awareness of BulliesOut and its purpose and much more.

To recognise your hard work and dedication, we offer training and skills based workshops and offer the opportunity to achieve an Award and further information can be found in this pack.

Don't worry if you live abroad. The good news is you can still be a BulliesOut Youth Ambassador.

Thank you for wanting to **Make a Difference** and take a stand against bullying. We look forward to receiving your application.

Kind Regards

BulliesOut

About BulliesOut

BulliesOut was established in May 2006 and provides help, support and information to individuals, schools, youth and community settings affected by bullying.

Our Core Values

Education

Through our innovative, interactive workshops and training programmes, we use our energy and enthusiasm to focus on awareness, prevention, building empathy and positive peer relationships all of which are crucial in creating a nurturing environment in which young people and staff can thrive.

Awareness

Bullying is often talked about but can also be misunderstood. Developing a fuller awareness of how bullying can manifest, how it can be prevented and how it should be dealt with, will help both sufferers and perpetrators disengage from the bullying cycle.

Training

BulliesOut provides unique and interactive training courses for youth, education professionals and the workplace. Our training can be centre based or delivered in-house. We can tailor trainings to meet the needs of your beneficiaries, exploring a range of mentoring and anti-bullying themes.

Support

Children and Young People who are bullied or bullying need support and specific, practical tools to move beyond the position they find themselves in. BulliesOut is a time-limited, solution focused anti-bullying service which provides just that.

About The Programme

Our aim:

“To Empower, Engage and Inspire young people to realise their true potential and become **role models and leaders** by developing their **confidence and skills** to ensure the **voice of the youth** of today is heard by everyone”

The BulliesOut, Youth Ambassadors Programme is open to applicants between the ages of 10 – 21 and provides a vehicle for young people to become involved in an anti-bullying campaign. It inspires them through positive opportunities and experiences and seeks to empower and develop young people further by providing them with training, skills, the responsibility of being an Anti-Bullying Ambassador and encouraging them to volunteer as an Anti-Bullying Ambassador in their local school, work or community.

The Youth Ambassador programme aims:

- To train and empower young people and build the positive self-image required to maintain well-being and personal resilience
- To encourage young people to engage in social action and help make a difference to not only their own lives but the lives of others within their community.
- To plan and develop strategies to help young people develop personal, social and leadership skills
- To educate and empower young people to speak out about bullying in their schools and communities
- To enable young people to have a sense of belonging and a ‘voice’ in their local community
- To encourage young people to represent BulliesOut in highlighting anti-bullying issues and concerns
- To give young people the opportunity to achieve a Youth Achievement Award

The Youth Ambassador programme creates a sense of belonging, independence and empowerment, as well as helping young people to develop social and decision-making skills, build their sense of competence and motivating them to achieve. From leadership and teamwork, to communication and meeting new people, our Youth Ambassadors have the opportunity to develop as individuals at an intensity which suits them.

Why We Are Doing This:

Youth Participation is a critical component that supports positive youth development and by engaging youth in our projects, we bring new energy into our work whilst developing them as future leaders of our communities.

Youth Leadership creates a sense of belonging, a sense of autonomy and power, helps young people develop social and decision-making skills, builds their sense of competence and also motivates them to achieve.

What does a BulliesOut Youth Ambassador do?

A Youth Ambassador is someone who is passionate about helping to stop bullying. This simply means representing the aims and objectives of BulliesOut in your area and wherever you go – raising awareness, promoting kindness and respect and promoting the work of BulliesOut and how we can help those who need us.

There are five top areas which help to raise awareness of bullying and its effects, as well as help with the Charity's growth and development. We have a full training programme, including training in each of the below areas.

Youth Ambassadors can choose which of the areas are most suited to them, or you may wish to do a bit of everything! Working at your own pace and using your existing circle of friends, as an Anti-Bullying Ambassador you will be someone who is raising awareness of bullying and making a difference in your school, college, university or community.

1. Education

Youth Ambassadors give presentations in schools and youth settings to raise awareness of bullying and the affects, the different types of bullying, the bullying cycle, the support needed by those who are bullied and understanding why a person bullies.

2. Awareness

Youth Ambassadors also visit local leisure centres, libraries, community hubs and GP surgeries to raise awareness of bullying to professionals and to encourage them to display our posters and publications. You may want to promote BulliesOut in your school, church, group, or community and hand out our information flyers, cards and newsletters.

3. Media

Some Youth Ambassadors speak about their experiences to local and national media to raise the profile of bullying and promote recovery.

4. Campaigning

Working on a local level to increase awareness of bullying, we work with our Youth Ambassadors to contact local MP's and represent BulliesOut at events. Our Youth Ambassadors also encourage people and businesses to support us through our membership, corporate support and collection pot schemes.

5. Fundraising

Youth Ambassadors have taken part in all kinds of fundraising activities, such as, store collections, parachute jumps, bake sales and organising fashion shows. They help us to build fundraising relationships and also raise awareness.

These areas are just examples of some of the work our Anti-Bullying Youth Ambassadors have taken part in. Each Ambassador's plan is tailored to their ability, time available and confidence levels.

In return, BulliesOut offers:

- Training and skills based workshops and activities
- Meetings and social events
- Regular contact and support from members of staff
- Accreditation Opportunities
- Recognition Certificates and Awards
- Expenses and travel costs (approved)
- Regular reviews and celebratory events

BulliesOut Youth Ambassadors can:

- Develop leadership and communication skills
- Develop confidence and self-esteem
- Get involved in the work of BulliesOut
- Make a real contribution to their community and inspire other young people
- Network with leaders and decision makers in the public and private sector
- Help influence local and national policy affecting young people
- Meet other young people in the Youth Ambassador network

Youth Achievement Awards

Youth Ambassadors can gain an accreditation for volunteering with BulliesOut and work towards a Youth Achievement Award from the awarding body, UK Youth. The Awards provide a progression route and young people can work towards a Bronze, Silver or Gold award (depending on how many hours you can give) with us, which is a good way to record and recognise all of the hard work done on behalf of BulliesOut.

Youth Ambassador Programme Eligibility Criteria

Applicants must:

- Be between the ages of 10 - 21 years old
- Be able to speak, read and write in English
- Have a history of demonstrating good moral and ethical character
- Not have a history of drug or alcohol abuse within the past year
- Be passionate about stopping bullying
- Be someone who cares about others
- Be friendly and approachable and willing to listen

- Keep up to date with the work we do and follow us on Facebook. Twitter, YouTube and Instagram and use the hashtags #BulliesOut and #StandUpSpeakOut **(if you are old enough to use Social Media)**
- Keep us updated with the work you are doing
- Complete an application form and submit a 100 word statement about what being a Youth Ambassador means to them and how they will utilise the experience to benefit their local community. This must be signed by a parent/guardian if you are under 18.

(The statement must be in the applicant's own words and must not be done by an adult. The statement, if possible, should be typed. Handwritten statements are acceptable but must be legible or they will be returned to the submitter.)

Note: The BulliesOut Youth Ambassador Programme is open to all youth meeting the above criteria regardless of ethnicity, religion or gender.

To Conclude ...

The Youth Ambassadors Programme will equip young people with the confidence and skills to speak out against bullying so the voice of the youth of today is heard by everyone. By creating Anti-Bullying Ambassadors, we will build a strong youth voice against bullying and will significantly boost young people's development.

I'm Interested! How Do I Start?

Just complete and return the application form to us. Once we received it, we will be in touch to meet/chat/skype (depending on distance) to discuss the programme with you.

Our address is:

Youth Ambassador Coordinator,
BulliesOut, T109 Titan House, Cardiff Bay Business Park, Lewis Road, Cardiff CF24 5BS

Please note, if posting your application form, it usually takes a **large stamp** but it might be best to get the envelope weighed!