

### Why we need your help

In the UK today, over half of our young people and one in three adults report being bullied. Through mentoring, innovative, interactive workshops and training programmes, we use our experience, 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/staff can thrive.

As one of our trained 'Stand Up, Speak Out, Stay Safe' Volunteers, you will play an important role in delivering our school assemblies and workshops, helping a generation of children understand more about bullying behaviours and giving them the confidence to Speak Out if it happens to them.

### What will I be doing?

- Visit local schools and deliver our age appropriate *Stand Up, Speak Out, Stay Safe* assemblies to primary age pupils
- Work alongside another volunteer to ensure at the end of each session, children feel empowered and know who they can speak to if they are concerned

### What skills/experience do I need?

- Passionate about helping children and young people
- A personal and friendly manner
- Enthusiasm ideas and lots of energy
- Flexibility to be called upon when needed
- Sensitive and supportive
- Able to think on your feet
- Good communication skills
- Able to work well in a team
- Reliable

### How much of my time would you like?

This is a flexible role, but if possible, we would like you to commit to 2 school visits per month. The role will be delivered on weekdays, during school hours (plus any necessary travel time which falls outside of school hours)

### What can I gain from volunteering?

- The satisfaction of knowing that you are making a valuable contribution to the lives of those affected by bullying
- Training, support, social events
- Utilising your existing skills as well as developing and learning new ones and improve your CV
- The opportunity to meet new people and speak to people about the work of the Charity
- Be active and engaged
- Support the work of BulliesOut
- Reimbursement for any expenses incurred (with prior agreement)