

### 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.

### What will I be doing?

Within the role, you could do one or all of the below activities

- Running a stall at an event
- Attending charity store collection days
- Helping at sponsored events
- Helping to organise events
- Speaking on behalf of BulliesOut to potential supporters
- Attending cheque presentations

Tasks at each event will vary from carrying a collection bucket, selling raffle tickets or merchandise, looking after a stall, handing out information flyers. You will be the 'face' of the Charity locally and will be able to tell people about our work and how they can support us. We contact you as and when events come up to check your availability.

### What skills/experience do I need?

- A personal and friendly manner
- The ability to stand for a couple of hours at a time
- Confidence to interact with the public
- Flexibility to be called upon when needed
- An honest and trustworthy nature

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

This is a flexible and ad hoc role. We would like you to attend 6-12 events across the year if you are able to but we understand it depends on the timing of community events in your area and your availability.

### 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
- 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)

Please contact [volunteers@bulliesout.com](mailto:volunteers@bulliesout.com) for an application form or visit the **Get Involved** section of our website [www.bulliesout.com](http://www.bulliesout.com)