

BulliesOut[®]

**EMPOWERING
CHILDREN AND
YOUNG PEOPLE TO
MAKE A DIFFERENCE**





Our mission is simple - to support individuals, schools, youth and community settings and the workplace through positive and innovative antibullying programmes and to empower individuals to achieve their full potential.

Founded in 2006, award winning charity BulliesOut is one of the only charities dedicated to addressing matters arising from bullying behaviour. Our outreach spans across the UK as we touch the lives of a minimum of 10,000 people each year through a range of activities including anti-bullying workshops, training, youth engagement programmes, counselling, and mentoring support.

Experiencing bullying can erode feelings of self-worth and confidence of an individual. If not addressed promptly, this can trigger emotional problems such as depression, and physical injury from violence. On the other side of that circumstance, those that exhibit signs of aggression are often struggling with a negative experience themselves.



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Peer Mentoring for Children and Young People

Our Peer Mentoring programme aims to inspire and empower children and young people to create a positive and all-inclusive environment.

The programme has two training days:

- Peer2Peer for secondary age children
- Playground Pals for primary age children

Both provide valuable support and a listening ear to peers to help increase support and friendship and alleviate related stress.

Through the project, our goal is to increase awareness of the benefits of Peer Mentoring schemes and how they can help reduce bullying behaviour as well as impacting on the following:

Attendance – to improve levels of absenteeism relating to bullying behaviour in participating schools.

Behaviour – to reduce the reporting and incidences of bullying behaviour in participating schools. Well-being – to improve the overall well-being of young people in participating schools.

Support – to provide a valuable support system for young people affected by bullying behaviour and other concerns that can affect their emotional well-being.

Friendship – to highlight the importance of friendship and the positive impact good friendships have on our mental health.

**"100% Worth it!
Fantastic and a
massive thank you."**
Secondary School
Teacher

Why is it effective?

It offers a best practice approach for schools and organisations to adopt.

The Anti-Bullying Alliance guide 'Bullying and Mental Health: Guidance for teachers and other professionals' recommends that schools and teachers address issues of bullying behaviour and mental health using a whole school approach, based around three key components: Communication, Prevention, Response, and our programme includes all three.



How does it work?

Communication:

Children and young people undergo training on how to facilitate communication with their peers, encouraging them to open up and speak freely.



Prevention:

With challenges made known, this aids in the prevention of issues of bullying behaviour.



Response:

The school can also respond by ensuring all involved parties receive the help and support they need at an earlier stage, which would not have been possible without communication.



Benefits of Peer Support

100% of the children we trained as Playground Pals said the training day gave them a clear understanding of the role, they learned a lot and had fun during the training. It helped them understand how Playground Pals can help other children at school.

88% of young people trained as Peer Mentors felt that following the training day, their confidence after the training, in comparison to before the training, had increased by at least **25%**.

Peer2Peer

- A Peer Mentor is a more relatable person who is also familiar with school rules, expectations, and procedures.
- Prompt intervention can stop some issues of bullying behaviour or stress related issues from escalating, as young adults prefer to speak to their peers.
- With trained peers around to help, this can help schools respond swiftly to any allegations of bullying behaviour, or stress related issues, and provide the necessary support.

Playground Pals

- The trained Playground Pals can help create a more inclusive, friendlier playtime.
- Promotes and encourages friendships which can create a positive ethos throughout the school community.
- Increased friendships lead to more inclusiveness and less isolation.
- The trained 'Pals' gain a sense of accomplishment - increasing confidence and self-esteem.

Outcome

Everyone has the right to feel safe in the playground and the main aim of our Playground Pals initiative is to encourage a healthier and more active playtime; one that is harmonious and reduces the potential for minor dispute.

Our Peer Mentor programme increases the opportunity for an individual's personal and social development. It can provide support and encouragement; help build confidence and self-esteem and encourage a more positive participation in school life.

The project will achieve the following outcomes:

- Create a positive ethos throughout the whole school community.
- Develop an effective support network.
- Break down barriers between different year groups.
- Promote and encourage friendships.
- Low level issues to be identified and dealt with before escalating further.
- Provide increased skills, confidence, and self-esteem for those who participate.





At BulliesOut, we integrate practical, interactive activities into our workshops as we find them to be a powerful component that helps foster a safe, caring and respectful learning environment. These activities often provide pupils with empathy, insights into their behaviour and problem-solving strategies, as well as building a positive teamwork and community ethos.

BulliesOut[®]
www.bulliesout.com

For further information about our workshops, training programmes and further resource packs, please visit www.bulliesout.com

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