



**Don't face  
it alone**

**#SpeakOutAboutBullying**

## Supporters Guide

### See it. Speak out. Support them.

Thousands of young people experience bullying behaviour every day. They often don't speak out about it because they are scared of what might happen or they are unsure about who to tell or how to report it online. We want to change this by showing young people that they deserve to be heard and that help and support are available.

Experiencing bullying behaviour can make young people feel small, lonely and like they have no voice. They may think that even if they did manage to say something, no one would believe them.

If you know or suspect that a young person is experiencing bullying behaviour, it's important to listen to them. We can all be Upstanders against bullying behaviour by giving them the confidence to speak out. As a role model, the more you show you care, the more likely they are to share.

**No-one should face bullying alone.**

### Understanding Bullying

**"Eventually I came out of it the other side without vulnerability or fear of going through it again, because I got help when I spoke up"**

Student Anti-Bullying Ambassador

**"Bullying behaviour is repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe. This can happen both online and offline."**

**"We had an open and honest discussion. I wanted my daughter to know that I was there for her."**

Parent

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Experiencing bullying behaviour is an unpleasant part of too many children's lives, with around a quarter of pupils experiencing some bullying behaviour during their primary school years and one in six 10-15 year olds reporting having experienced it, according to a study by the Department for Education. Online bullying is a serious issue, with one out of five children aged

10-15 years in England and Wales experiencing at least one type of online bullying behaviour according to the Office for National Statistics.

**Bullying behaviour can be physical, verbal or indirect. Indirect bullying behaviour can involve the spreading of rumours, deliberately excluding someone or online bullying.**

### Bullying behaviour can have long term effects on young people, including:

- Mental health problems like depression and anxiety
- Trouble forming friendships
- Lack of acceptance by peers
- Becoming suspicious of other people
- Poorer school performance

(source: NSPCC)

### We believe that:

- Young people should speak up because they deserve to be heard.
- Parents and carers can support young people and offer support.
- Educators and school staff can help students to take action.

## How you can support

You or your organisation can get behind the Don't Face It Alone campaign on social media, helping to spread awareness and show your support.

### Get Involved on Social Media

Download the social media assets we've created for this campaign [here](#)



## How we are helping

As part of our Don't Face It Alone campaign and with the support of our partners, we've created resources for schools including advice on how to support young people who have experienced bullying behaviour. We also provide guidance on how to write an Anti-Bullying policy with an all-school approach. Additionally, we created further resources and guides for running a Don't Face It Alone assembly.

**We're encouraging as many schools as possible to run a Don't Face it Alone Assembly or event on (or near) 14 July 2021.**

We've also created guides for young people who might be experiencing bullying behaviour and guides for their parents and carers.

The **Primary School Video** will be shared with you via the email you signed up with. This will be a short animation that encourages students to speak out and report bullying, it will be available from **Friday 9th July**.

The **Secondary School Video** will be shared with you via the email you signed up with. This will be a video in partnership with SKY FYI/First News which explores the issue of bullying, it will be available from **Friday 9th July**.

Download our guides and resources [here](#)

## See it. Speak out. Support them.

### How can you help?

Top tips on how to tackle bullying behaviour:

#### 1. Don't suffer in silence

Don't bottle things up. If you are experiencing bullying behaviour, it's important that you talk to a trusted adult. This could be a family member, a teacher or another adult who you trust. They will be able to listen and offer support.

You might be worried about the problem getting worse, but try and explain this worry to the person you speak out to. Let them know that you want to work with them on solving the problem and you would rather they didn't take over your problem, worry or concern. And ask the person to keep in touch with you and to check in with you. Try and practice what you want to say and how, some people find it easier to write a letter or email rather than face to face.

#### 2. Save the evidence

Keep a record of what's been going on – remember the 4 W's: What, Where, When and Who. This will help the person supporting you to understand the situation and help you to resolve it. If you are experiencing online bullying behaviour, screenshot the evidence, report it to the platform or social media company, and block the user. It can be tempting to reply to online bullying behaviour but it's always best to not reply, instead take a break from the screen, and try and connect with someone face to face like a trusted adult or friend or on the phone and tell that what is happening. If you engage with the person displaying bullying behaviour, it could get worse and you could say something in the heat of the moment that you later regret.

#### 3. Find your Support Network

A support network is a group of people and organisations you can go to for support; it can be helpful to consider your support network in advance, so that if something happens, you know who to go to. A support network could include a friend, a family member, a staff member/teacher or an organisation like SHOUT text helpline or Childline, both of which are free and confidential.

#### 4. Remain Positive

It can be hard to remain positive, but a problem shared is a problem halved; after speaking to a trusted adult, you will have taken the first step towards resolving the situation. Remember to talk to friends or family members about how you're feeling and always seek support – there are lots of organisations out there who are there to help and listen to you.

### What should you do if a young person reports bullying behaviour to you?

Young people need to feel that they can speak out and be supported.

#### Listen

Letting a young person feel heard is key. 'The most important thing you can do is listen'. Try not to judge and encourage them to explain in their own words. Take what they have to say seriously, if they have chosen to tell and trust you then this problem, worry or concern is important to them so treat it that way.

#### Thank them

A young person who is experiencing bullying behaviour needs to know that they have done the right thing by talking to you about this. They might be worried that by telling you, the problem will get worse.

Thank them for being open about it and let them know you'll do your best to help sort things out.

#### Make a Record

Listen to a young person to understand what has happened, and record what, where, when and why. This will help if you need to escalate the issue. The young person's school will have a specific reporting route and process which you will need to follow. Refer to the school's Anti-Bullying policy for more information.

#### Think who else needs to be involved

You may need to speak with another trusted person or organisation about what has happened so that you can resolve the bullying behaviour, so it's important to not promise to keep what they have told you a secret. You could say something like 'Thank you for telling me. I need to speak with someone about this so that you can have the best support to resolve it and make sure you're safe.' Ideally, help the young person to feel safe so that, together, you can share with anyone else that might need to know, like a Head of Year or Form Tutor.

#### Work Together and think of joint solutions

Ask them what they would like to do about the situation, so you can decide the next steps together. It's important not to take over their problem but to help the young person feel in control. Ask them 'what can we do about this together to make you feel better?'

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## Review your organisation's Anti-Bullying Policy

Every organisation should have an Anti-Bullying policy. Take this opportunity to review yours and make sure all employees are familiar with it. What role could you play as an employer or employee to create a safe environment free from bullying? Consider how colleagues can come together to address any bullying behaviours in the workplace so that no one feels they have to face it alone. Consider writing a blog or sharing your policy in your company newsletter.

[Read our guide to writing an Anti-Bullying policy here.](#)

## Shout about your own Anti-Bullying work and policies

Share your stories using the hashtag **#SpeakOutAboutBullying** to tell us how you are encouraging people to speak up so that no-one feels alone.

[Don't forget to tag us @AntiBullyingPro and #SpeakOutAboutBullying on social media so we can reshare your photos and posts.](#)

## Download our Guide for Parents and Carers

If you're a parent or carer, use our resources and guides to help support the young people in your care. Let them know you are there to support them and they are not alone.

## Download our guides for Schools and Educators

This comprehensive guide includes advice on how to support young people who have experienced bullying behaviour. It also includes guidance on how to write an Anti-Bullying policy with an all-school approach. Additionally, there are links to further resources and guides for running your own Don't Face It Alone assembly.

## Share our guide for Young People

Our guide for young people aims to raise awareness of bullying behaviours and to help young people to access support. It includes tips on what to do if they are experiencing bullying behaviour including online bullying.

## Take action against Online Bullying

Take screenshots of any online bullying behaviour if possible. Find out about the tools available on the specific platform so you can mute, block, restrict and report the person.

[Sign up to receive our guides and resources here.](#)

This campaign was co-ordinated by The Diana Award. And supported by:



Microsoft

yubo



NOMINET

amazon  
kids+

TikTok



SUPER  
AWESOME

SUP  
ERC  
BLL

For more help and resources visit  
**DontFaceItAlone.com**



Follow us across social media @AntiBullyingPro

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For support, young people  
can **Text SHOUT to 85258**  
or contact Childline on  
**0800 111 childline.org.uk**