Ready2Comply
TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · RELATIONSHIPS AND WELLBEING

Stand Strong

Bullying, cyberbullying and getting help

A warm, ready-to-use direct work pack to help young people recognise bullying – in person and online – get help, support others, and think about their own behaviour – and to help you record and plan the support.

- Ages 11–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

SAMPLE

Worker's guide

Session plans, the law for staff, SEND and trauma-informed tips, disclosures, escalation and recording

Activity sheets

What bullying looks like, banter or bullying?, 12 scenario cards, toolkit, stand-strong plan, who to talk to

Check-in

Young person's check-in with worker's guide (no score), observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Guidance in this pack was checked against DfE, Anti-Bullying Alliance, Childline, Report Harmful Content and legislation.gov.uk sources in November 2026 (see Sources, page 21). Apps and reporting tools change – check them with the young person.

Ready2Comply is not affiliated with Childline, Kidscape, the Anti-Bullying Alliance, Report Harmful Content, True Vision, Shout or any organisation or platform named in this pack. This pack is not therapy and does not replace your anti-bullying or safeguarding procedures.

What bullying looks like

Bullying is hurting someone on purpose, again and again

Name-calling

Insults, put-downs and nasty nicknames.

'Just banter' can still hurt.

Leaving out

Ignoring someone or making others leave them out.

Being left out on purpose hurts.

Rumours

Spreading lies or secrets about someone.

Rumours spread fast online.

Hitting and pushing

Shoving, tripping, hitting, taking things.

This can be a crime.

Group chats

Mean messages, removing people, mocking.

Screenshots last for ever.

Sharing

Posting photos, videos or private chats to embarrass.

Never share what isn't yours.

Fake accounts

Pretending to be someone to post lies.

You can report and remove them.

Prejudice

Picking on someone because of who they are.

Can be a hate crime.

Standing up

Telling, supporting, not joining in.

One person can make a difference.

Did you know?

Bullying is **never the fault of the person being bullied**. Telling a trusted adult is the quickest way to make it stop – and you can agree together what happens next.

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Left out

You wake up and find you've been removed from the group chat. Everyone else is still in it, planning the weekend.

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

2 Just banter

Everyone calls you a nickname you hate. When you ask them to stop, they say, "It's just banter – chill."

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

3 Screenshot

You sent a friend a private message about someone you fancy. Now a screenshot of it is all over the year group.

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

4 Fake account

Someone has made an account with your name and photo. It's posting horrible things that people think you said.

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

5 New in the home

You've just moved into a children's home. An older young person keeps taking your stuff and says you have to "pay" to fit in.

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

6 Watching it

At lunch, a group keep picking on a quiet kid. Everyone is laughing and filming. You feel bad but don't want to be next.

💭 How might they feel? 🧰 What could they do? 🗣️ Who could they tell?

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