

For Kids: Dealing with bullying and judgement

In this video, young people explore their experiences of bullying or judgement from others. They provide advice for other young people about how to navigate these challenging experiences.

Reflections

What is one piece of advice the young people give that you think would be most helpful to share with other children or young people in care? Was there anything they suggested that you do not think is helpful? Why?

The young people talk about the importance of being able to stay true to yourself despite the opinions or judgements other people make. This can be easier said than done. How can you help children and young people feel strong and proud of who they are in the face of judgement and stigma?

Listening to the young people's experiences and advice, how do you think relationships can safeguard against the negative impacts of bullying and judgement?

Your plan

What words might you use to start a conversation with a child or young person in care experiencing bullying?

What is in your control when working with a child experiencing bullying? What is in the child's control? Who else has power or influence to do, say or change something?

How will you work with the child and their network to address their experiences of bullying and feeling judged?

Group supervision questions

How can we and others in the child's network support them to feel safe at school and proud of who they are?

When we become aware that a child or young person is experiencing bullying, how can we better understand their safety, risks, networks and strengths to best take action and support them?