



## Leicester Against Bullying

Bullying affects every young person whether they have witnessed it, been on the receiving end or have themselves bullied, or often all three! Our experience of working with young people tells us that they want to do something to stop bullying but often don't know what to do. This can often lead to inaction, or responding with name-calling or violence.

Leicester Against Bullying (LAB) is a peer-led programme that young leaders run. The project is especially aimed at young people with NEET status – Not in Education, Employment Training.

We train young people to be leaders by recognising and appreciating their own and others identities; understanding the impact of stereotyping; and teaching practical skills to challenge name-calling in a positive way, that aims to change the perpetrators attitude and therefore, behaviour. The additional benefits are emotional literacy, increased confidence and self-esteem, active citizenship, and young people taking a role of responsibility and leadership. LAB creates a solid that empowers the young people and helps them move forward in education and/or training.

Our experience of working with young people tells us that most young people want to do something to stop bullying. For many young people it is bullying that has led to their NEET status and possible exclusion from school. Also, many young people are reluctant to intervene when they see bullying because they do not know what would be useful to say or do, thus leading to inaction.

Of those who do intervene, a lack of skills means that the most common response is to criticise or counter-attack, often escalating the problem. LAB training helps the bullied and the bullies alike break the cycle of bullying, inaction and counter-attack by teaching young people to:

- Recognise and appreciate the different identities each person holds
- Feel good about the groups to which they belong
- Understand how stereotyping results in different groups being mistreated or bullied
- Recognise how past mistreatment and hurt results in attacks on others and take responsibility for challenging their own prejudices and behaviour
- Develop effective skills in intervening when there is bullying, prejudice or mistreatment, in a way that perpetrators are assisted to recognise the reasons for their behaviour and to make positive changes to this
- Take leadership in educating others and being effective allies and supporters for each other.

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