

ABA-AFA-13-016

## Circle of Friends Programme

The **circle of friends** approach to reducing bullying is another group or whole-school approach that can both raise awareness of issues, but also encourage the growth of positive attitudes and behaviours towards relational conflict and bullying behaviours. Children are identified, or self-elect, to become "defenders", enlisted to attempt to prevent bullying of individual students. Together, they identify bullying behaviour scenarios, rehearse prevention strategies, and meet regularly to monitor, share and develop practice.

*The introduction of such a programme needs careful consideration to timing of introduction, staff training, and time allocation in order to maximise the chances of success*

### LINK TO RESOURCES

Group approaches to reducing SEND bullying

Anti-Bullying Alliance Circle of Friends resources and case studies



<b>ANTICIPATE</b>		
ANTICIPATE- raise awareness and level of social skills		
<b>QUICK WIN or MEDIUM / LONG TERM?</b>	LT- long term <b>M/LTG</b>	<b>SOCIAL CONTEXT</b> VBC- relating to CYP who show bullying behaviour, who are being bullied and the wider community
<b>PHASE</b>	ALL <b>ALL</b>	<b>VBC</b>
<b>WHAT YOUNG PEOPLE SAY</b>	Look beyond an incident, enable young people to understand each other and work to develop a friendship or mutually agreed solutions; Help SEND YPs to understand some of their own behaviours could be interpreted as bullying by others Support all individu	
<b>WHAT PARENTS SAY</b>	Have a positive school-wide ethos towards all forms of disability running awareness sessions on different types of disabilities and the behaviours associated with them, and encouraging a better understanding of how and why different people behave in different ways; bringing in experts, role models, getting students to study famous people with disabilities.	
<b>WHAT RESEARCHERS SAY</b>	"Where there are limited opportunities for friendship, there are reduced opportunities to learn social skills, and the risk of bullying behaviour increases" "being seen as 'co-operative' is a protective factor, true even when SEND learners are also seen as being 'shy' and 'seeking help'" "Active peer support/interventions in social context/empathy and understanding only work within a whole school culture of tolerance and fairness"	
<b>COST RESOURCE</b>	Staff training and support; time and space allocation for regular meetings	
<b>RELATED STRATEGIES</b>		



For more information on the programme, visit the [Anti-Bullying Alliance](#) information hub. These resources are hosted and developed by [Achievement for All](#)

