

As an Anti-Bullying Ambassador, you will use a wide range of skills to provide support to other young people in your school. You can think of 'confidence' as your state of mind and how you feel about yourself. This is important, as it directly impacts your experience of school, the day ahead, as well as

your interactions with others. Learning to believe in yourself is a skill that can be practiced and has many benefits to your mental wellbeing and mindset. It can also be practised and shared with the rest of your team and the peers that you support. You can each build confidence, together!

Top tips for building confidence

1. Understand your values

Each one of us is unique and different things matter to us. By understanding what's important to you, you can make more confident choices and decisions based on your values. The important thing is to resist the urge to compare yourself to others, which decreases confidence.

Confidence Challenge

Identify two values* from the list that are most important to you and give you a sense of purpose. If you find this difficult, try thinking about yourself at your best, or how a friend would describe you. The next time you make a tough decision, try asking yourself, 'is this in line with my values?' and check that you are making a decision that feels good for you.

Achievement
Belonging
Courage
Diversity
Excellence
Fairness
Generosity
Harmony

Independence
Joy
Kindness
Loyalty
Making a difference
Nature
Openness

Patience
Reliability
Success
Teamwork
Understanding
Your own
.....
.....

*Your values may change over time, as you move through life and experience new things.

2. Practice positive thinking

It can be a challenge to believe in ourselves. Often, we think about the things we are not doing, and the things that are missing in our lives. These thoughts can bring us down, decrease our confidence and prevent us from enjoying life. We can build self-confidence by looking for and acknowledging our achievements and what we already have on a regular basis.

Confidence Challenge

Over the course of a week, write down three things each day that you are proud of and one thing that you are grateful for. Proud achievements can be as simple as smiling at someone or helping someone out who's having a tough day. At the end of the week, spend some time reflecting on how this exercise made you feel.



3. Notice your body language

As well as our state of mind, the way that we stand and use our bodies affects our confidence, how we experience daily life and our interactions with others. This includes our posture, gaze and facial expressions.

Confidence Challenge

Without judgement, start to notice how the people around you stand and use body language, particularly those that inspire you. What can you learn from their body language? Perhaps there is a teacher who always stands tall, smiles regularly and uses eye contact when speaking to others. Identify one thing you could implement and try it for a week. How did this behaviour affect your confidence? How easy/hard did you find this challenge? Could you share this experience with friends to help them develop in confidence too?

4. Stay connected

How we relate to other people directly affects our confidence and self-worth. The more we listen to and understand other people, the more we learn and grow ourselves and our confidence builds. This is the spirit of friendship and it takes courage, patience and practice!

Confidence Challenge

Organise a time to sit down in a quiet place with a peer and truly listen to their ideas, worries or concerns and try to understand them. You can check out our top tips for active listening [here](#). How did this kind of conversation with someone make you feel?

5. Do things you enjoy

Whether this is by yourself or with friends, doing things that make you feel good will increase your confidence. It doesn't matter if you're 'good' at something; just by following your passion and curiosity you will naturally increase your ability and confidence. If you're competitive, direct your competitive spirit towards yourself and try to gradually improve. **Mistakes are proof that we are moving forward with something. If you tend to compare yourself with others, give yourself permission to focus on enjoying the activity for yourself.**

Confidence Challenge

Make a list of all the things you enjoy and are curious about. How and when could you make these happen? Challenge yourself to do something outdoors, something on your own and something as a team. How do each of these make you feel? Could you incorporate some of these activities each week to build the habit?

6. Inspire others

We are all connected. By supporting others to build their self-confidence, you naturally build yours too. Many of your peers may be quietly struggling with their self-confidence and you can support them by listening to their struggle and sharing your own experiences of building confidence and what worked for you.

Confidence Challenge

Run a confidence-building session with the rest of your team to explore these tips and challenges together as Anti-Bullying Ambassadors. How does this make you feel? If the outcome was positive, perhaps you can start confidence-building drop-in sessions at lunchtime or after school for your peers and other members of your school community to share ideas and support one another!

Thank you for everything you're doing to build your own confidence and the confidence of those around you. Your school and communities are lucky to have you! If you found this resource helpful, don't forget to check out more of The Diana Award's resources on our Resource Centre.

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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