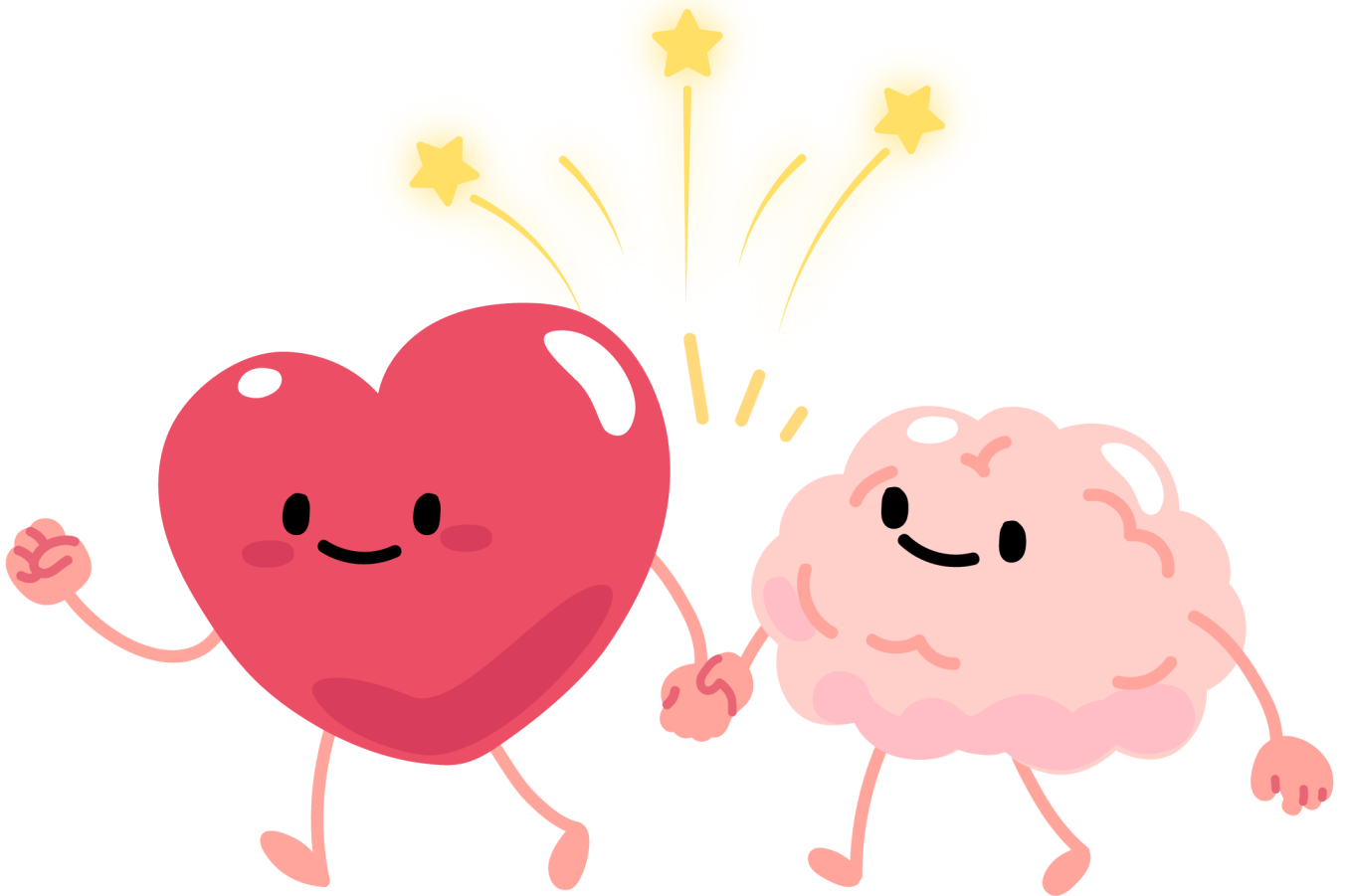


SPEAK UP HEROES

JOURNAL

BUILDING A FEARLESS FUTURE



LIZA KELLY COLLINS

For Sam and Nia

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Disclaimer

This journal is designed to encourage creativity, self-expression, and reflection in children. While every effort has been made to ensure the activities are age-appropriate and beneficial, it is important for teachers and parents to monitor the content and support children as they use this journal. The author is not responsible for any unintended consequences or interpretations that arise from its use.

If your child or young person experiences any emotional discomfort or distress while completing the journal, please stop the activity and provide appropriate support.

For any concerns regarding your child's well-being, please consult a qualified professional.

Praise for Liza's Journals



'Liza's journals are a great resource for young minds, offering fresh perspectives on a topic that matter to today's youth. With its engaging content each journal will encourage young people to think critically and explore their thoughts and feelings. It's the perfect companion for any young person eager to learn, grow, and make a difference in the world'.

~Linda James, MBE Founder/CEO BulliesOut

'These journals empower children to cultivate self-awareness, harness the strength of their inner voice, and learn the value of setting healthy boundaries'.

~Jessica Hickman, Founder of Bullyology, Author, TEDx Speaker

Bullying behaviour needs to be addressed as early as possible in schools as the impact of bullying can last a lifetime. These journals give space for open discussion and for children to express how they are feeling. This work can bring about immediate change which can last a lifetime, building confident and resilient young people who know they are heard and are valued'. The Team agreement journal is also vital in addressing the issue of bullying in schools for staff to have a consistent approach to deal with bullying behaviours.

~Jane Cook, Queens Nurse, RGN, Health Visitor

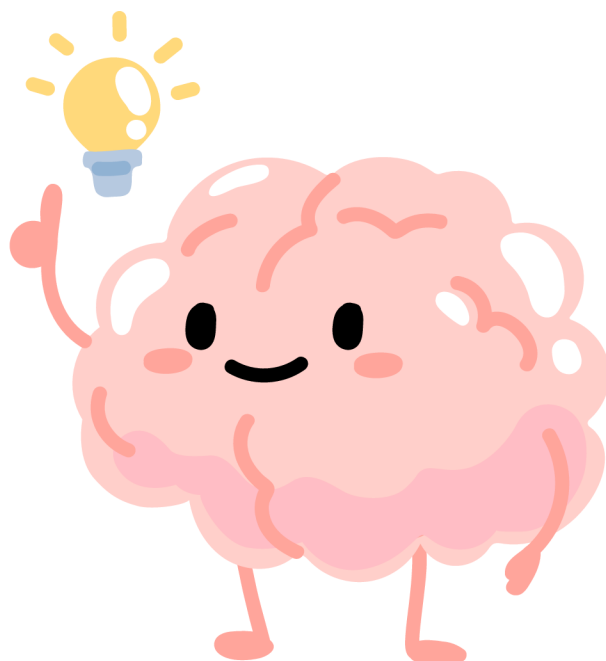


FOR GROWN UPS

Bullying behaviours often start in childhood and if not addressed follow us into our teenage years, adulthood and the workplace.

Through reflective practice, we can guide children to understand what bullying behaviour looks like, why it's never okay, and empower them with the tools they need if they ever encounter it.

Together, let's nurture the next generation of compassionate champions helping children embrace their true inner strength!





HELLO THERE!

Hi, I'm Liza and I'll be your coach through this journey!

This Speak Up Heroes journal is here to empower you with the tools and tips to use your voice when something isn't right.

Sometimes, speaking up can feel scary, but it's also how we make things better for ourselves and others.

Together, we'll learn what it means to be brave, confident, and a true friend, making sure everyone around you feels safe and valued.

Let's get started and build a fearless future, one brave voice at a time!



UNDERSTANDING BULLYING BEHAVIOUR

Let's talk about what bullying behaviour really means. Bullying is when someone keeps hurting, teasing, or being mean to someone else on purpose. It can happen in different ways—sometimes with words, sometimes with actions. It's important to know what bullying behaviour looks like so we can stop it and help each other.

Bullying behaviour is when someone does something hurtful on purpose and keeps doing it. Here are some examples:

Bullying happens when...

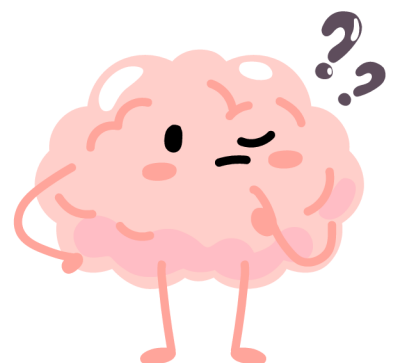
- Someone keeps calling others mean names.
- Someone hurts others by hitting or pushing them.
- Someone leaves someone out of games or groups on purpose.
- Someone spreads lies or rumours to make others feel bad.
- Someone takes away someone else's belongings, like their backpack or lunch, to upset them.



HOW WOULD I FEEL IF?

Imagine these things happened to you. How would it make you feel? Write or draw your feelings.

- If someone left me out of a game, I'd feel...
(Example: "sad, lonely, or upset.")
- If someone made fun of my clothes, I'd feel...
(Example: "embarrassed or hurt.")
- What else?



HAVE I BEEN BULLIED?

It's okay to talk about your feelings. Can you think of a time when someone was mean to you on purpose?

- How did it make you feel?
(Example: "Lonely, sad, embarrassed, or scared.")
- What did you do when it happened?
(Example: "I told a teacher" or "I didn't know what to do.")
- What else?



HAVE I EVER BULLIED SOMEONE ELSE?

Sometimes, we can hurt others without realising it. It's important to think about how we treat others so we can all be kind. Think about a time when you might have been mean to someone else.

- A time I hurt someone else...
(Example: "I called someone a mean name when I was mad.")
- Why did I do it?
(Example: "I was angry, or I wanted to fit in with friends.")
- How did that person feel?
(Example: "They looked sad, hurt, or upset.")
- How did I feel afterward?
(Example: "I felt bad about what I said.")



WHAT CAN I DO IF I'VE HURT SOMEONE?

If you've hurt someone, it's never too late to make things right.

Write down what you can do to be kind and fix the situation.
If I've hurt someone, I can...

- Say sorry and mean it.
- Promise not to do it again.
- Help them feel better by including them in activities.
- What else?



WHAT CAN I SAY IF I SEE SOMEONE BEING BULLIED?

Sometimes it's hard to know what to say. Here are some examples you can use when you see someone being hurt or bullied.

- 'That's not okay. Stop it!'
- 'Leave them alone.'
- 'How would you feel if someone did that to you?'
- 'I'm going to tell an adult.'

Now, come up with your own words you'd say to stand up for someone!

- I could say...
(Example: "That's mean, don't do that.")

- What else?



WHEN TO SPEAK UP

Let's practice being a Speak Up Hero. If you saw these things happen, what would you do?

Scenario 1: "You see someone being teased for how they look."

Would you:

- Speak up and say, 'That's not okay!'
- Tell an adult
- Help the person feel better

Scenario 2: "A friend tells you a secret that worries you."

Would you:

- Keep it to yourself
- Talk to an adult who can help
- Tell your friend they aren't alone and offer support

What else?



WHAT MAKES A GOOD FRIEND?

A good friend stands up for others and helps them when they're feeling down. Write down some things a good friend does.

A good friend...

- Listens when I need to talk
- Sticks up for me
- Makes me laugh
- Includes me in games
- What else?



TAKING ACTION – MY COURAGE GOALS

Set some goals for how you can be brave every day! It can be small, like helping a classmate or speaking up when something isn't right.

I will be brave by...

- Saying something if I see someone being teased.
- Asking someone who's alone to play.
- Telling an adult when something feels wrong.

How will I practice being brave?

Write down some ways you can practice being brave this week.

- This week, I will...
(Example: "Answer a question in class" or "Help a friend who is feeling sad.")
- What else?



FINDING YOUR INNER HERO

Everyone has brave moments, even in little ways. Think about a time when you were brave, and write or draw about it!

- I was brave when...
(Example: "I tried something new in school, even though I was nervous.")
- What else?



CELEBRATING THE HERO IN ME

You've learned so much in this journal about what it means to be brave and how to help others. Write down some reasons why you are now a Speak Up Hero!

I am a hero because...

- I stand up for my friends
- I use my voice to help others
- I make people feel safe and included
- What else?



RECOGNISING BYSTANDER BEHAVIOUR

A bystander is someone who sees bullying behaviour happen but doesn't say or do anything.

Sometimes, staying quiet can let the bullying behaviour continue. But you can be an Upstander—someone who speaks up or helps when they see bullying behaviour.

Think about a time when you saw someone being bullied but didn't say anything.

Why do you think you didn't speak up?

- A time I saw bullying and didn't speak up...
(Example: "I saw someone being left out of a game, but I didn't know what to say.")
- Why didn't I speak up?
(Example: "I was scared, or I didn't want to get involved.")
- What else



WHAT AM I SCARED OF?

It's okay to be scared sometimes. Everyone is!

Being brave means acting even when something is a little scary.

Write down or draw something that you feel scared about.

- Something that makes me nervous is...
(Example: "Speaking in front of my class" or "Telling a friend when something isn't right.")
- What else?



HOW CAN I BE AN UPSTANDER?

Being an Upstander means helping others, even when it feels hard.

What can you do if you see bullying behaviour?

If I see bullying behaviour, I can...

- Tell a teacher or a grown-up I trust.
- Help the person being bullied feel included.
- Tell the person showing bullying behaviour to stop if it's safe to do so.
- What else?



WHO ARE MY UPSTANDERS?

Write down the names of people you trust to help you if you ever need it. These are your Upstanders—people who will stand by your side.

My Upstanders:

- A friend I trust is...
- An adult I trust is...
- A teacher I trust is...
- Who else?



LEARNING FROM OTHERS

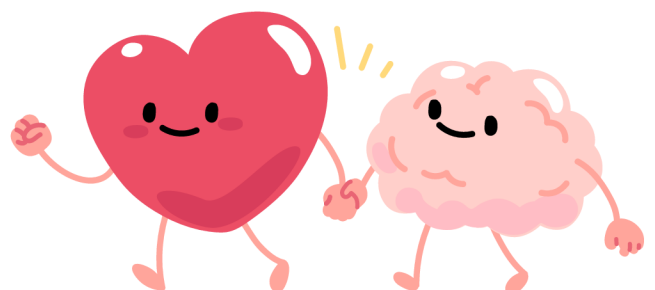
Let's learn from stories of people who were brave enough to speak up. You can think about these stories and how you can do the same.

"Emma saw a group of kids teasing her friend at lunch. Emma felt nervous but went to get a teacher.

Afterward, Emma told her friend how brave they were for not fighting back. Her friend felt much better and the kids who were teasing them stopped."

Reflection questions...

- "Have I ever been an Upstander? What did I do?"
- "What makes it hard to speak up when I see bullying behaviour?"
- "Why is it important to stand up for others?"
- "How can I help stop bullying behaviour at my school?"
- What else?



KINDNESS CHALLENGE

To stop bullying behaviour, encourage kindness and inclusion through daily actions.

This week, your challenge is to do one kind thing every day. It could be helping a classmate, including someone in a game, or saying something nice to a friend. Write down what you did and how it made you feel.

- "Today I helped..."
- "Today I said something kind to..."
- "Today I made someone smile by..."
- What else?



THE BULLY-FREE PLEDGE

Think about what kind of school or group you want to be part of.

Write your own pledge about how you will help stop bullying behaviour and make everyone feel welcome.

My Bully-Free Pledge:

"I promise to be kind to others, stand up for what's right, and help anyone who feels left out. I will always try to be an Upstander!"

Signature:



THE POWER OF WORDS

Words can make a big difference. Let's practice using positive words that can help others feel good.

- What I can say to someone who looks sad...
(Example: "You're a good friend. Can I help?")
- What I can say if someone is being mean....
(Example: "That's not nice. Please stop.")
- How I can compliment someone...
(Example: "I like how you're always kind to others.")
- What else?



POSITIVE WORDS



Psst... I'll let you into a secret... when you say positive words out loud every day they will start to sink into your heart and mind and help to make you feel brave like a superhero.

I am safe

I am calm

I am loved

I am happy

I am brave

I am awesome

I am powerful

I know how to say NO!

I know how to speak up!

I know how to ask for help!

I know how to be an superhero upstander!

I AM AMAZING!!



YOUR FUTURE

What does feeling safe and happy at school look like?

How will you keep feeling strong and brave in the future and speak up when you see bullying behaviour?

What have you learned about yourself?



HOW DO YOU FEEL?



Do you feel brave, safe and supported?

Do you have a clear plan on what to do and what to say when you see bullying behaviour?

Do you know which trusted grown-ups you would speak too?

Do you know what to say to these grown-ups?

Remember, I think you are very brave!

Keep going....On the next page draw a picture of you as a speak up hero and put it in a place to remind you about how well you have done.

Bye for now!

Liza x

DRAW A HERO

Draw a picture of yourself as a Speak Up Hero! What would you look like? What would you be doing to help someone? Put it in a place where you can see it everyday.



ABOUT THE AUTHOR

Liza Collins is a mum of two and has worked in the National Health Service for over 30 years, as a change maker and leading programs to help people feel better and work well together.

As a leadership coach Liza helps children, teenagers and grown-ups lead with emotional intelligence and compassion, and to reflect on their behaviour and how it may affect others. Liza empowers everyone to find and master the leader on the inside because this is the leader we show on the outside.

For more information visit www.lizacollins.co.uk



FURTHER SUPPORT

Bullies Out: www.bulliesout.com

National Bullying Helpline: www.nationalbullyinghelpline.co.uk

Young Minds: www.youngminds.org.uk

Barnardos: www.barnardos.org.uk

Child Line: www.childline.org.uk

