



ANTI-BULLYING ALLIANCE

UNITED AGAINST BULLYING

UNITED AGAINST BULLYING: WHOLE SCHOOL ANTI-BULLYING PROGRAMME

A summary of
achievements from Phase 1
2021-2022



Funded by



Department
for Education



ANTI-BULLYING
ALLIANCE

NATIONAL
CHILDREN'S
BUREAU

Part of the family

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"Thanks for a brilliant programme, this has really helped to identify gaps in our anti-bullying policy and responses at our school."

- United Against Bullying School

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1. WHAT IS THE UNITED AGAINST BULLYING PROGRAMME?

The United Against Bullying (UAB) Programme is funded by the Department for Education in England and delivered by the Anti-Bullying Alliance (ABA). The overall aim is to establish United Against Bullying Schools that have evidenced their work to reduce bullying and improve the wellbeing of all pupils.

The programme has a particular focus on those children who are at risk, including disabled pupils and those with special educational needs and disabilities (SEND), pupils in receipt of free school meals (FSM), and other groups at risk of experiencing bullying, including LGBT, some race & faith groups, appearance-related, looked after children, young carers and those with mental health issues. [For more information about the programme, see our website page.](#)

"I think the ABA online questionnaire has been a valuable tool to measure wellbeing and bullying at our school."

- United Against Bullying School

This short report summarises the achievements of the first phase of the programme, across the 2021-2022 academic year. The report is based on an interim independent evaluation by a team of independent researchers from Goldsmiths, University of London. A full independent evaluation report will be available at the end of the third phase of the programme in 2024.

The quotes within this report are from the independent evaluation report, CPD training feedback and from UAB Schools.

2. WHO TOOK PART AND WHAT DID THEY DO?

Schools that took part in the United Against Bullying programme were asked to complete a whole-school audit of their anti-bullying practice and complete a pupil questionnaire, both at the start and end of the school year 2021-22.

SCHOOL AUDITS

The school audit helps schools to understand their anti-bullying practice across several whole-school approach principles. It focuses on six compulsory sections (and one additional section on at-risk groups), in which schools must rate each indicator as to whether they fully, partially or have not met.

PUPIL QUESTIONNAIRE

Our online pupil questionnaire collects baseline and final data on levels of bullying (perpetration and experiencing bullying), pupil wellbeing and how pupils feel about their experiences at school. This data was analysed to examine changes, including looking at differences by gender, SEND status, free school meal status and school type.

838 schools signed up to the programme

450 schools provided data for the baseline audit

228 schools provided data for the final audit

From Nov 2021 to Feb 2022, we collected baseline data from

208 schools

which included a total of

29,308 pupils

From May to June 2022, we collected final data from

143 schools

which included a total of

19,283 pupils

If you are interested in reading the detailed report about the baseline pupil questionnaire data which creates a national picture of bullying, you can read it in full [here](#).

"The programme was highly effective in determining what was happening in our school and how we addressed bullying incidents."

"We had Ofsted this week and having used the audit and baseline pupil questionnaire for UAB came in really handy for us."

- United Against Bullying schools

3. WHAT DID WE ACHIEVE?

We are pleased that a key achievement from the United Against Bullying programme was that **reports from the school audit showed schools achieved considerable improvement in all 7 areas of their anti-bullying practices and policies, sometimes quite dramatically.**

"The learning has been the most powerful aspect of the ABA programme. Staff are fully aware of anti-bullying and with the training package feel empowered and confident to deal with any issues that arise."

- United Against Bullying School

Thanks to their efforts, a total of 217 schools completed all steps of the programme in 2021-22 and were awarded with either a bronze, silver or gold award, or participation certificate:



11

schools

were awarded Gold United Against Bullying status



71

schools

were awarded Silver United Against Bullying status



104

schools

were awarded Bronze United Against Bullying status

31

schools

were given a certificate for participating but did not receive an award

3.1 TRAINING FOR SCHOOLS

Online training

14,546 new staff registered for the CPD online training courses, which were accessed 38,690 times. **10,504 participants provided survey feedback**, of those surveyed:

87% rated the online courses as good or excellent

90% reported their knowledge/ understanding increased somewhat or greatly

89% reported their confidence had increased somewhat or greatly

"Now I know how to prevent bullying cases inside and outside the classroom"

- Preventing Bullying course participant

Face-to-face (webinar) training

A total of 371 participants attended the face-to-face (webinar) training and **259 participants provided survey feedback**, of those:

99% of participants rated the face-to-face training as good or excellent

98% reported their knowledge/ understanding increased somewhat or greatly

100% reported their confidence had increased somewhat or greatly

"Best online course I have attended."

"Good blend of teaching (powerpoints, quizzes, videos, breakout rooms). Knowledgeable trainers. Practical content."

"Incredibly useful session! Best two hours on Zoom - EVER."

"I thought the session was excellent and I learnt so much from it. Everything about it was first class, from the delivery to the resources, to the suggested links."

- Face-to-face training attendees

3.2 REDUCING BULLYING AND IMPROVING WELLBEING OF PUPILS

Key findings from the baseline and final pupil questionnaire are summarised below. If you are interested in reading the detailed report about the baseline pupil questionnaire data which creates a national picture of bullying, you can read it in full [here](#).

Victimisation and bullying others

Experiences of bullying reduced for pupils from baseline to final data collections, and there was also a **reduction in reports of those who had ever bullied others**.

Although pupils with SEND and those in receipt of free school meals were more likely to experience bullying, **they reported a decrease in all types of bullying experienced**. Their involvement in bullying also reduced more than their peers.

School experiences

For many pupils school experience improved, pupils with SEND and infant school pupils saw the greatest increases.

Pupil Wellbeing

Pupil wellbeing in relation to Gender, SEND and FSM improved over the course of the year. Infant school pupils reported a noticeable improvement in pupil wellbeing, with primary and secondary school pupils reporting some improvement.



4. CHALLENGES/OPPORTUNITIES

We are delighted that we saw such positive results in reducing bullying and increases in wellbeing for schools in such a short space of time on the programme. We are also pleased that pupils with SEND and in receipt of FSM reported a particular decrease in all types of bullying.

United Against Bullying is proving to be a very popular programme, and we have seen some amazing results with participating schools. There is some excellent anti-bullying practice being put into place, and we have even seen particularly successful schools begin to inspire others on their journeys of becoming United Against Bullying schools.

As we move onto the next phase of the programme, we have identified three key focus points to turn our attention to:

Online bullying will be a focus, since levels of online bullying showed little change from baseline to final data collections.

Improvements were generally most obvious in Infant schools, and less obvious in **Secondary schools and 'Other' schools**. Therefore we will be turning our attention to ways of supporting these schools further as we move forward.

"there are encouraging findings regarding the implementation of the programme, and general reductions in victimisation and bullying, and improvements in pupil wellbeing."

"Another promising finding is that although SEND and FSM pupils generally have higher levels of bullying involvement, they also tend to show higher levels of improvement over time."

- Goldsmiths, University of London

Finally, wellbeing levels decreased for **pupils involved in bullying others**. This may be because the UAB programme challenges bullying behaviours, thus life may become more uncomfortable, and relations with teachers more uncertain, for pupils doing the bullying behaviour. In the short term this may be a sign that the UAB programme is having an effect. In the medium to longer term it may suggest the importance of working with children who bully others to help them both change their behaviours and also re-integrate into the school community. We will need to return to this in our final report to discern whether there are improvements over time.

It should be noted that the impact of the Omicron COVID-19 variant had an impact on schools at the end of 2021, and we hope to see even more progress in the final report.

THANK YOU!

We'd like to thank the Department for Education for funding the programme. We would also like to extend our thanks to the following organisations and individuals for their continued work and support on the programme:

- Professor Peter Smith and team - Goldsmiths, University of London
- Young Anti-Bullying Alliance 2022 members
- Members of our Expert Advisory Group from: Equality and Human Rights Commission; NSPCC; Friends, Families and Travellers; Council for Disabled Children/Schools' Wellbeing Partnership; Kidscape; Childnet; Maiden Erlegh Multi Academy Trust; Educational Action Challenging Homophobia; Professor Heather Widdows; Professor Peter Smith of Goldsmiths, University of London.

ABOUT THE ANTI-BULLYING ALLIANCE

We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and we support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

1. Supporting learning and sharing best practice through membership.
2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns.
3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives.

ABA is based at leading children's charity the National Children's Bureau.

[Find out more at anti-bullyingalliance.org.uk.](https://anti-bullyingalliance.org.uk)

Help us unite against bullying today:



Join the United
Against Bullying
programme



Take part in our
free online CPD
training courses



Access our
wealth of anti-
bullying tools
and resources



Make a donation
to ABA to help
us continue our
vital work