



FROM THE DIANA AWARD

REPORTING CARDS

You can use this card if you have witnessed or heard about bullying behaviour occurring or if someone has confided in you and you need to tell a teacher/trusted adult.

Remember that while looking out for your peers, it is also so important to check in with yourself and look after your own wellbeing. By reaching out to a trusted adult with your concerns, you are doing the right thing. The Diana Award Crisis Messenger provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258. Trained volunteers will listen to how you're feeling and help you think through the next step towards feeling better.



INCIDENT REPORT

What has someone told me? What did I witness?

Who was involved?

Which teacher am I going to report this to?

How has this made me feel?

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