P101 Group Bibliography (no internet access in sessions) all sources (including videos or podcasts) used were downloaded from:

<https://anti-bullyingalliance.org.uk> – exclusion and teenagers

<https://www.bbc.co.uk/bitesize/topics/z6hsr82/resources/2> - using drama to build confidence

<https://www.bbc.com/news> - BBC Articles on Bullying

<https://www.nhs.uk/every-mind-matters/lifes-challenges/maintaining-healthy-relationships-and-mental-wellbeing/> - positive messages

<https://learning.nspcc.org.uk/child-health-development> - underpinning factors

Hinton, S.E., 1967 The Outsiders New York: Penguin Books

Interviews with Act On It

Interviews with Debbie Bird Actor