

Buddy Bench Program

The Buddy Bench Program originated in the United States in 2013.

Buddy Benches are designed to help combat loneliness and bullying in schools by encouraging students to look out for one another so that no one feels left out. They help spread the message of kindness and inclusion, as well as develop friendships and empathy as well as a sense of caring and community.

Students are taught by their teachers to sit on the Buddy Bench if they are looking for a playmate or for someone to talk with.

The teachers in the primary/elementary schools in Clarendville and Mount Pearl used a Teacher's Guide that was developed by a member of the Mount Pearl Committee to supplement the existing Buddy Bench Program. It contains lesson plans on teaching students' empathy and how to be a friend.

The Committees also provided storybooks on empathy and being a friend for teachers to read to their students.





Members of the Clarendville and Area Citizens' Crime Prevention Committee and their community partners presented a Buddy Bench to their local school.



Buddy the Puffin joined members of the Mount Pearl Citizens' Crime Prevention Committee and their community partners to present a Buddy Bench to their local school.



Rosalind Pratt, chairperson of Mount Pearl Crime Prevention chats with Buddy who is sitting on the bench.