

# Bully Proof

## effective strategies for school & online



values for life

Values for Life is an educational program that provides student incursion seminars and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.



Values for Life is associated with Concern Australia

### Values for Life

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### Learning Focus

The **Bully Proof** seminar focuses on the key issues surrounding bullying, with specific reference to cyber bullying. Identifies and explores the roles of the bully, the target and the bystander. Encourages students to put empathy into practice and the potential impact we have on others and our community.

In addition to this student seminar, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

### Rationale

Bullying and more recently, cyber-bullying is a prominent issue that young people are concerned about and can have far reaching and devastating consequences on the individual and school. We focus on ownership of bullying by the student body, particularly concentrating on the key influence of the bystander and give evidence-based strategies on how to respond, be resilient and actively seek support.

### Key concepts covered in the session:

- What does bullying look like? (There is more to bullying than physical violence)
- What is cyber bullying? How can you be cyber smart?
- Helping students understand why these things occur and where the problem truly lies
- Empowering students to make a difference based on their values, not just emotions or peer influence
- Giving basic strategies that can assist, particularly in cyber bullying and as a bystander

### Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VELs with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

The table below shows dimensions addressed and the degree of emphasis provided:

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
Physical, Personal and Social Learning	Health and Physical Education	Movement and physical activity Health knowledge and promotion	✓			
	Interpersonal Development	Building social relationships Working in teams	✓ ✓	✓	✓	✓
	Personal Learning	The individual learner Managing personal learning	✓ ✓			✓
	Civics and Citizenship	Civics knowledge and understanding Community engagement	✓			✓
Discipline-based Learning	The Arts, English, Humanities, LOTE, Mathematics, Science	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELs domains depending on the duration and focus specifically developed for each session.			
Interdisciplinary Learning	Communication	Listening, viewing and responding Presenting	✓ ✓			
	Thinking Processes	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓		✓

secondary level