

Bully Proof

practical ways to create a bully-free environment at school & online

for primary school



Values for Life Incursions

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



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Flexible to your timetable - catering for single, half-day or full-day sessions
- * Single sessions are between 60 and 90 minutes (depending upon year level)
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

E: v4lss@concernaustralia.org.au

W: www.valuesforlife.net

Learning Focus

The **Bully Proof** incursion focuses on the key issues surrounding bullying, within the school environment as well as an emphasis cyber-bullying. This incursion addresses the target, bully, and most importantly the by-stander and give evidence-based strategies on how to respond, be resilient and actively seek support. Through a variety of **interactive activities, games, discussion, stories, multi-media,** and **video** the workshop equips students with practical tools to understand the causes of bullying and being proactive in creating a safe and healthy environment for **all students**.

The **Bully Proof** incursion can be tailored to meet the needs of students from lower to upper primary. In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

Key concepts covered in the session:

- ▶ Definition of what "bullying" is (i.e. repeated and deliberate)
- ▶ Explores the role of the target, bully and bystander
- ▶ Practical strategies to cope including assertiveness skills
- ▶ Encouraging students to be proactive in seeking advice and helping others
- ▶ Technology is a wonderful tool but needs to be used wisely
- ▶ Cyber-bullying – what it is and 5 key factors that help us to be cyber-safe
- ▶ Exploring social networking (age appropriate), and their effects
- ▶ That bullying is unacceptable and there are many reasons why it occurs
- ▶ It's okay for me and for other people to think, look and act differently
- ▶ The importance of empathy
- ▶ That students play an important role in creating a safe, bully-free environment at school and online

Essential Learning Standards

Values for Life Incursions present an interactive and engaging student learning program that intertwines elements of all three strands of the curriculum, the key focus is on the following dimensions:

- **Building social relationships and working in teams** (Interpersonal Development)
- **Listening, viewing and responding** (Communication)

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

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams		X X	X X
	Personal Learning	* The individual learner * Managing Personal learning	X	X	X X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement		X X	X X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding * Presenting	X	X	X X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X