

Bully Proof

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

for secondary 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
- * Catering for single, half-day or full-day sessions
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * 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

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Learning Focus

The **Bully Proof** incursion focuses on the key issues surrounding bullying - what the definition of bullying is (as opposed to being mean), why people bully others, different forms of bullying including cyber-bullying and practical strategies that prevent bullying. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop identifies and explores the roles of bully, target and the bystander encouraging students to put empathy into practice and the potential impact we have on others and our community.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, 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:

- ▶ Definition of what "bullying" is (i.e. repeated and deliberate)
- ▶ Why bullying occurs and the varying forms that can occur
- ▶ 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 and the addictive nature of it
- ▶ That bullying is unacceptable and there are many reasons why it occurs
- ▶ That students play an important role in creating a safe, bully-free environment at school and online

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the 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