

# Bully Proof

anti-bullying strategies for school & online

for secondary school



## Student Wellbeing Incursions

We provide an educational program that includes workshops for students 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
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* 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 several topics including resilience & cyber-safety
- \* Costs are calculated on the number of sessions and location. Contact us for a quick quote.

## Learning focus

The **Bully Proof** incursion provides evidence-based information on bullying including the definition, why it occurs, different forms including cyber-bullying, the role of bystanders and strategies that prevent bullying. 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, how to respond and actively seek support.

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

There is a growing awareness, both in Australia and internationally, of the harmful impact bullying can have on all members of the school community and can have far reaching and devastating consequences. 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, how we can help others and actively seek support.

## Key concepts covered in the session:

- Definition of what “bullying” is (i.e. repeated and deliberate)
- Why bullying happens 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
- Cyber-bullying – what it is and strategies that help us to be cyber-safe
- Exploring social networking and how this links to bullying
- That bullying is unacceptable and 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