



values for life

Bully Proof

effective strategies at school & online

Learning Focus

The **Bully Proof** incursion focuses on the key issues surrounding bullying, with specific reference to 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 series of interactive games, personal anecdotes, stories, music, and video clips, this incursion equips students to know some of 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 Prep through to year 6.

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.

Key concepts covered in the session:

The following are messages we want students to learn through the incursion:

- I know what bullying is and that bullying is unacceptable
- Technology is a wonderful tool but I need to be cyber smart
- It's okay for me and for other people to think, look and act differently
- I have the right to feel safe at school and online
- There are things I can do to stop bullying
- I play an important role in creating a safe, bully-free environment at school and online

Essential Learning Standards

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

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

The table below shows these 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	✓ ✓	✓		✓ ✓

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

Ph: (03) 9470 2972

E: v4lss@concernaustralia.org.au

W: www.valuesforlife.net

primary level