Sheet 1 Inspiration for action — Years 3–6

Take action every day is the key message for this activity. To help you think about how your school might take action, 10 possible action areas have been identified. These action areas are linked to preventing and responding to bullying.

Some questions to develop ideas for each action area are listed below and on the next page.
Use these questions to think about how your school could take action in **one selected action area**.
However, you will probably have other great ideas of your own for taking action in one of the action areas!
Note down these ideas as you think of them.

Share school's success

- How could you celebrate your school's values?
- How could you let people know what your school does to prevent and respond to bullying?
- What is a creative way to celebrate your school's identity (e.g. through song)?
- How could you promote this activity to the wider school community?

Raise awareness

- How could you share the definition of bullying with the whole school community?
- What sort of display about bullying prevention could you create?
- What words could you use in an anti-bullying pledge for students to sign?
- How could you raise awareness (e.g. create a mural or artwork, use role play)?

Build relationships

- What fun activity for teachers and students involves cooperation and all age groups?
- What activity would help members of your school community to build new relationships?
- How could older students assist younger students (e.g. act as buddies, peer mediators)?
- What is a skill needed for building relationships (e.g. offering encouragement)?

Strengthen positive behaviour

- How could you communicate school rules in a creative way?
- What improvements to the design of the playground could reduce negative behaviours?
- What improvements to the organisation of playtime could reduce negative behaviours?
- How could students teach each other about being safe online?

Include everyone

- How could your school celebrate diversity (difference) among the school community?
- What opportunity could you create for everyone to have a say?
- How could you celebrate the traditions and cultures of your school community?
- How could you include everyone in an anti-bullying poster competition?

Involve families

- How could you communicate school rules and expectations to families?
- What sort of event for families could you organise?
- If you invited a guest presenter, which topic would interest parents and carers as well as students?
- On what topic could students train parents or family members?

Learn skills to respond to bullying

- How could you teach students to identify bullying?
- How could you use the strategies to show different ways to respond if students are bullied?
- How could you help students learn how to respond if they see bullying happen to others?
- How could you help students learn to solve conflict with others?

Communicate about getting help

- How could you let students know where they can get help for bullying at school?
- How could you let students know where they can get help for bullying outside school?
- What sort of information session about getting help could you organise for families?
- How could students provide support for new students at your school?

Develop understanding of bullying

- What information could you write in an article for your school newsletter?
- After finding out the reasons why bullying happens, how could you share this information?
- What could you show students in a bullying prevention video or media presentation?
- How could you survey students about places in your school where bullying occurs?

Connect with community

- Who is a positive role model to invite to speak to students about respectful behaviours and responding to bullying?
- Which organisations provide support to students who experience bullying?
- How could students assist a community organisation?
- Which cultural organisation could make a presentation to students?