Sheet 1 Inspiration for action — Years 7–10

Take action every day is the key message for this activity. To stimulate your thinking about how your school might take action, 10 possible action areas have been identified. These action areas relate to bullying prevention and student wellbeing.

Some questions to develop ideas for each action area are listed below and on the next page.
Use these questions to stimulate your thinking about how your school could take action in **one selected action area**. However, you will probably have other great ideas 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 promote your school's bullying prevention approach in the school newsletter or on the school website?
- What is a creative way to celebrate your school's identity (e.g. through song)?
- How could you promote this activity through local or social media (with permissions)?

Raise awareness

- How could you communicate the definition of bullying to the whole school community?
- What sort of display about bullying prevention would raise awareness?
- What wording would be useful for an anti-bullying pledge for students to sign?
- How could you raise awareness through artwork?

Build relationships

- What fun activity for teachers and students involves cooperation and all age groups?
- How could you create an opportunity for members of your school community to build new relationships?
- What opportunities are there for older students to act as buddies for younger students?
- What is a challenging activity that would build teamwork skills?
  How could you teach younger students about this skill in an interesting way?

Strengthen positive behaviour

- How could you communicate school rules and expectations in a creative way?
- What ideas do you have about improving the design or organisation of the school grounds to reduce negative behaviour?
- What ideas do you have about improving the design or organisation of the school environment to reduce negative behaviour?
- How could students teach each other about being safe online?

Include everyone

- How could your school celebrate diversity 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 a competition related to the topic of bullying?

Involve families

- How could you communicate school rules and expectations to families?
- What sort of event for families could you organise?
- Which topic would interest parents and carers if a guest speaker was invited to present it?
- On what topic could students train parents and carers?

Learn skills to respond to bullying

- How could you teach students to recognise bullying?
- What ideas do you have for showing students different ways to respond if they are bullied?
- How could you help students learn how to respond if they see bullying happen to others?
- How could students learn the skills to resolve conflict?

Communicate about getting help

- How could you communicate where students can get help for bullying at school?
- How could you communicate where students can get help for bullying outside school?
- What sort of information session could you organise for families?
- What are some ways that students could provide support for new students at your school?

Develop understanding of bullying

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

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?
- With which community organisations could students do community service learning programs?
- Which cultural organisation could make a presentation to students?