BULLYING. NO WAY!

LAUNCHPAD

Your school’s resources for talking and teaching about bullying
Introduction

Launchpad provides information about the wide range of quality teaching and learning resources from Bullying. No Way!

Teaching about bullying is ideally embedded within the curriculum. Learning about feelings, social interaction, diversity, social structures, discrimination, justice, power and conflict provides opportunities to explore the issue of bullying, why it happens and how to prevent it. Learning about bullying within everyday classroom activities reinforces school values related to respect and inclusion. It also communicates to everyone that bullying is never okay.

As well, talking about bullying in conversations at school provides opportunities for students to raise issues that adults may not have noticed. This is an important addition to formal reporting and ensures bullying does not continue for a long time before staff becomes aware. Launchpad supports teachers to use opportunities as they arise throughout the school day to discuss how people get on with each other, how to deal with conflict, and how people act in various social situations.

Using the high-quality and evidence-informed educational resources from Bullying. No Way! in your classroom is an important part of your school’s overall approach to preventing bullying.
What is bullying?

The national definition of bullying for Australian schools is the starting point for effectively preventing and responding to bullying in your school.

Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

An understanding of bullying shared by everyone in the school community is important. https://bullyingnoway.gov.au/WhatIsBullying

Bullying occurs within interpersonal relationships, usually within a peer group. Like all relationships, students’ relationships are complex and variable. Schools need to ensure that their approach to bullying is respectful of students and does not inadvertently create other issues.

Your first response to someone who tells you they are involved in bullying can make a difference to the outcome.

Bullying should be taken seriously. Children and young people need to know that they are being heard and that their feelings matter, and that their issue will be investigated respectfully.

Young people often tell their friends or parents first, and only go to teachers for help as a last resort. This can mean that when a student does tell a teacher about bullying, it may already be serious and part of a bigger story continuing over some time.

Talking and teaching about bullying in the classroom may raise personal issues for some students. Bullying can be a sensitive topic to discuss in groups and classes, particularly if there are current unidentified bullying issues. Read the guidelines about protective interrupting at Bullying. No Way! https://bullyingnoway.gov.au/TeachingAboutBullying/WorkingInTheClassroom/Pages/Pedagogy.aspx

When bullying is reported, school staff need to be ready to respond supportively and to follow the school’s policy and procedures.
What does the research tell us works in schools?

Researchers, both in Australia and overseas, have identified a combination of broad strategies most likely to be effective in preventing and reducing bullying. The solution to bullying is not likely found in a specific ‘anti-bullying’ program, but through a committed, consistent, multifaceted and whole-school approach.

Schools can be more effective in creating a safe and supportive school environment by considering bullying at the individual level, the social level (sometimes called social-ecological) and the whole-school system level. Each of these is relevant to preventing and responding effectively to bullying. Bullying. No Way! has information about how your school can work on all three levels to counter bullying.

https://bullyingnoway.gov.au/WhatsBullying/DefinitionOfBullying/Pages/Perspectives-on-bullying.aspx

Read more on the latest research on bullying for Australian educators.

https://bullyingnoway.gov.au/UnderstandingBullying/BullyingResearch/Pages/Research-for-schools.aspx

### What works

- A universal whole-school approach over a long duration that takes a multifaceted approach rather than focusing on one single component.
- An increased awareness of bullying in the school community through assemblies, focus days and student-owned plans and activities.
- A whole-school detailed policy that addresses bullying.
- Effective classroom management and classroom rules.
- The promotion of a positive school environment that provides safety, security and support for students, and promotes positive relationships and student wellbeing.
- Effective methods of behaviour management that are consistently used, non-hostile and non-punitive.
- Encouragement and skill development for all students (and especially bystanders) to respond to bullying behaviour and support students who are bullied.

### What doesn’t work

- Zero tolerance and ‘get tough’ suspensions and exclusions in the absence of positive and preventative approaches.
- Rigid control of student behaviour.
- Belief that students must receive punitive and negative consequences in all cases.
- Increased security measures.
- Unfair and inconsistent use of discipline.
- Punishment without support.
Bullying is a word that can have a lot of different meanings for different people. Making sure everyone in your school shares the same definition of bullying is essential.

Bullying, harassment, discrimination and violence are all interpersonal behaviours that can create or contribute to negative social situations and school environments. Identifying whether a situation is bullying or something else helps to determine the most appropriate response.

Dealing with bullying requires schools to look beyond the observable behaviour of students to what is going on behind the scenes.

Classroom activities and lessons

**Talking about bullying** classroom discussion starters support students to explore their ideas about bullying.

**Bullying is NEVER OK!** classroom discussion starter helps students learn what to do if they are bullied.
https://bullyingnoway.gov.au/NationalDay/ForSchools/LessonPlans/Pages/Bullying-is-NEVER-Ok-discussion-starters.aspx

**Bullying is NEVER OK!** animated video explores what bullying is.

**I've been bullied** provides students’ stories about being bullied based on actual student experiences.

**Take a Stand Together** is a free app for students 8–13 years.
https://bullyingnoway.gov.au/Resources/BullyingNoWayApps/Pages/default.aspx#Anchors

Information for parents

**What parents can do if their child is being bullied.**
https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBeingBullied.aspx

**What parents can do if their child is bullying others.**
https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildBullyingOthers.aspx

Teaching about bullying and strategies students can use

**Professional learning**

**What is bullying?** is a series of four videos that unpacks the national definition of bullying and helps develop a shared understanding of bullying.

**Signs of bullying** explains that each student who has been bullied or is bullying others will respond and act differently.

**What is bullying?** discussion guide for staff.

**Types of bullying** describes the types of behaviours involved, covering verbal, social and physical bullying.
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Teaching students how to be safe and supportive bystanders

Most of the time, bullying takes place with other students (and sometimes adults) present. People who witness bullying are called bystanders.

Bystanders can play a number of roles. Positively influencing bystander behaviour is a key part of bullying prevention.

Classroom activities and lessons

Our special superpower resources help students to learn what to do if they see bullying happening. It provides activities exploring the role of bystanders and strategies to respond to bullying.

Our special superpower animated video helps students learn how to be safe and supportive bystanders.

Bystander behaviour classroom activities.

Bullying is NEVER OK! animated video also includes some strategies for bystanders.

I've seen someone bullied features students sharing real stories about seeing bullying happening.

Professional learning

Bystanders to student bullying provides opportunities for professional learning related to students’ bystander behaviour.

Roles that kids play highlights that individual students can take on different roles in bullying on different days, in different circumstances or with different peers.

Impact of bullying explains how bullying of any form or for any reason can have long-term negative impacts on everyone involved, including bystanders.

Information for parents

What parents can do if their child has seen bullying happening to someone else.
https://bullyingnoway.gov.au/RespondingToBullying/Parents/Pages/ChildSeenBullying.aspx
Teaching about online bullying and online safety

While online bullying involves similar behaviours to bullying in person, it also differs in the following ways:

- It can happen at all hours and while at home.
- It can involve harmful material being widely and rapidly disseminated to a large audience. For example, rumours and images can be posted on public forums or sent to many people at once.
- It can provide the person doing the bullying with a sense of distance from the other person, so there is a lack of immediate feedback or consequences.

These important differences should not distract schools and families from seeing that online bullying has the same essential features as bullying in person.

Research suggests that many students who are bullied online are also bullied in person. If a student reports online bullying, it is important to investigate further to get the full picture.

Classroom activities and lessons

**Being reasonable and ethical online** engages students and examines the qualities of respectful relationships when communicating with others online.

**I get bullied online** is an animated discussion starter.
https://bullyingnoway.gov.au/ForKids/GamesAndApps/Pages/Videos.aspx#

**Friendship and acceptance questionnaire** asks students to reflect on how they influence their social communities both online and in person.

Professional learning

**Online bullying** describes the various types of behaviour involved, and explains the important ways that it differs from bullying in person.

**Online safety and online bullying** provides information and advice on where to source additional support for online safety.

Information for parents and educators

Bullying. No Way! recommends parents visit the website of the Office of the eSafety Commissioner for information about online safety and also reporting of serious online bullying.
Classroom activities to involve students in bullying prevention

Preventing bullying involves the whole school community, and students have an important role to play.

Actively and authentically engaging with students about bullying prevention can provide schools with new insights.

Classroom activities and lessons

**Ideas for a safe and supportive school community** lesson plans involve students in creating and evaluating their ideas to make the school a safe and supportive community for everyone.

**Perspectives on bullying** guides senior students to reflect and share what they have learned through their school experience.
https://bullyingnoway.gov.au/NationalDay/ForSchools/LessonPlans/Pages/Perspectives-on-bullying.aspx

**Empowering student leaders** provides ideas about how senior students can inspire and support younger students to prevent bullying.

**Tips and advice for students** helps guide students to undertake research projects.
https://bullyingnoway.gov.au/Resources/FactSheets/Pages/For-students.aspx

**The National Day of Action against Bullying and Violence** is the third Friday of March each year. It is an opportunity for the whole school community to focus on their bullying prevention work and to take a stand against bullying and violence.

Professional learning

**Perspectives on bullying: Information for teachers** provides guidelines for conducting this activity with senior students.

**Your role on Bullying. No Way!** provides information and tools for teachers and early childhood educators to explore their role in countering bullying in schools.
https://bullyingnoway.gov.au/YourRole/Pages/For-Educators.aspx

**Bullying prevention is everyone’s responsibility: a guide for engaging students and families** provides practical ideas and activities for meaningful engagement in the process of developing a school policy or plan.
For early childhood educators: starting early to prevent bullying

Bullying can be prevented by starting in early childhood. Helpful guidance from parents, carers and educators at this early age sets children up for positive interactions later in life.

Between the ages of 3 and 5, children are learning how to get along with each other, and to share and understand their feelings. Parents, carers and early childhood educators are children's first teachers about positive and healthy relationships.

You don't need to use the word 'bullying' to begin to teach young children a wide range of skills that will prevent bullying.

Classroom activities and lessons

The Allen Adventure free app is a fun interactive story about Allen, a young visitor from another planet who is new to school and learning how to get on with his Earthling classmates.

The Allen Adventure lesson plan is designed to help young children learn about how to get on with others, and how to solve their problems without physical or verbal aggression.

The Allen Adventure is supported by downloadable resources, including posters, activities, postcards, and music for ‘Kinda Mean’.

Professional learning

Starting in early childhood explores the critical role of early childhood educators in teaching children appropriate ways to behave, alternatives to inappropriate behaviour, and how to respond if other children’s behaviour upsets them.
https://bullyingnoway.gov.au/TeachingAboutBullying/StartingInEarlyChildhood

The Allen Adventure: Introduction to the lesson plans details the key concepts for educators.

The Allen Adventure in the classroom video features a teacher working with students in the first year of formal schooling, and discussing how the story can be extended within everyday activities.

Information for parents

The role of parents and educators explores how families can support children’s social and emotional development every day through their responses and their example of how to behave with other people.
Support and information for your state or territory

Links to information about bullying prevention in your state and territory can be found at Bullying. No Way! https://bullyingnoway.gov.au/RespondingToBullying/Pages/Legislation-and-policy.aspx

About us

All resources and information from Bullying. No Way! are developed by an expert group of educators, with representatives from the Commonwealth and all states and territories, as well as national Catholic and independent schooling representatives https://bullyingnoway.gov.au/SiteInformation/Pages/About-us.aspx

Other useful resources for the classroom

Bullying. No Way! has reviewed teaching and learning resources from a range of agencies and provided them in a handy searchable catalogue for teachers. Visit the Teaching Resources Catalogue. https://bullyingnoway.gov.au/Resources/TeachingResources/Pages/Search-resources.aspx

The STEPS decision-making framework gives schools a robust and comprehensive approach to examining programs, using the research combined with local school information to select evidence-based programs that are appropriate for their school. https://bullyingnoway.gov.au/PreventingBullying/STEPS/

The Office of the eSafety Commissioner is the Australian authority for online safety and online bullying. The eSafety website provides reporting services and information, along with classroom resources. https://www.esafety.gov.au/

The Student Wellbeing Hub has information and teaching resources related to a wide range of topics on student wellbeing. https://studentwellbeinghub.edu.au/