BULLYING IS NEVER OK! CLASSROOM DISCUSSION STARTER

Teacher notes

Introduction

Purpose: This activity explores strategies students can use if they are bullied.

Audience: The Bullying is NEVER OK! video is aimed at students aged 9 to 13 years of age, and these activities are intended to be run with the whole class or in small groups.

Approximate duration: The duration will depend on which of the three activities are conducted. Duration for each of the activities is:

- Activity 1: Match type of bullying with behaviour – 10-15 minutes
- Activity 2: Learn about strategies to respond to bullying – 30-60 minutes
- Activity 3: Choose a strategy to respond to bullying – 30 minutes.

BEFORE you run the classroom discussion starter activities, ensure:

- students are familiar with what bullying is; if not plan for a short time in the activity to discuss
- you develop ground rules with the class: this activity is to talk generally about what to do about bullying so students can with you after class if they have a specific issue
- there is currently no obvious or immediate bullying issue: if there is, this may not be the right topic for your class. You might prefer the companion classroom discussion starter on strategies for bystanders. In some cases, it may be better to delay this activity until the issues are addressed
- students know classroom rules for talking and contributing ideas: remind students that bullying is a sensitive topic and it is important to use respectful listening
- you know how to use protective interrupting if a student begins to reveal inappropriate personal information in front of other students. Read about protective interrupting at Bullying. No way! bullyingnoway.gov.au/TeachingAboutBullying/WorkingInTheClassroom/Pages/Pedagogy.aspx
- you avoid using class role play related to bullying as it can raise issues and cause distress to some students. Instead, use the optional practice/rehearsal of strategies if you conduct Activity 2. Further practise can be done individually or at another time if necessary. In some cases, providing information for practice at home is an option.

Important note: Teaching students helpful ways to respond if bullying happens can form part of your school’s approach to preventing and responding to bullying. Staff involvement to positively resolve bullying issues is still essential.

Materials provided on Bullying. No Way! website:

- Bullying is NEVER OK! classroom discussion starter which include Teacher notes (this document), instructions for the three activities with introductory information, answer guides for teachers, images to print, and worksheets for students
You will need to provide:

- equipment to play Bullying is NEVER OK! video
- a copy of the definition of bullying as appropriate for your students (see https://bullyingnoway.gov.au/Resources/FactSheets/Pages/For-students.aspx)
- a printed copy of each strategy to display for Activities 2 and 3
- printed copies of student worksheets (in A4) as selected if running activities in small groups
- a printed copy of the class worksheets (in A3) if running as a whole-class activity.

Steps to run the activities

1. **Select and prepare the materials you wish to use**

   Select the activity (or activities) you wish to use. The activities build in a logical sequence, but can be used flexibly if that better suits students’ learning needs. Briefly, the activities involve:
   
   - Activity 1: matching the three types of bullying (physical, verbal and social) to an example of behaviours that can happen in person and online
   - Activity 2: exploring each of the strategies, and practising and discussing what it is like to use that strategy
   - Activity 3: choosing which strategies are appropriate for which types of bullying in different scenarios.

2. **Watch the video Bullying is NEVER OK!**

   The video is available to view on the Bullying. No Way! website and you can also download to a local device to watch offline.


   Duration: 3 minutes, 18 seconds; mp4 format.

3. **Introduce the activity and provide copies of your chosen worksheets to students**

   - Students can work as a whole class or in small groups.
   - Your role is facilitating the class contributions and discussion, or walking around the small groups and discussing their answers and thoughts.
   - Run the selected activities using the notes and answer guides for each activity.

4. **Conclude the activity by using the National Day of Action materials**

   The National Day of Action against Bullying and Violence (NDA) occurs on the third Friday in March each year. The NDA is an opportunity for students, teachers, parents and the whole community to take a stand together against bullying and violence, and provides a focus for schools to say ‘Bullying. No Way!’

   You can display posters and other materials, or run a practical activity with students creating their own posters. If you have ordered wristbands or pocket cards, you can hand them out to students at the conclusion of the activity. Orders for wristbands and pocket cards need to be made no later than Friday 3 March for the 2017 NDA to allow for processing and delivery. Order at: https://bullyingnoway.gov.au/NationalDay/SchoolRegistrationAndWristbandOrders.

   You can also share photos of students (with permission) on your school’s social media and send to the Bullying. No Way! Photo gallery at https://bullyingnoway.gov.au/NationalDay/PhotoGallery.