



Ideas for student action areas

On Friday 15 March 2019, Australian schools will unite with their communities to celebrate the National Day of Action against Bullying and Violence (NDA). For the 2019 NDA, schools are called to show how they will take action every day.

By focusing on saying Bullying. No Way! every day, this year's NDA provides a chance for students to lead action in their school communities and drive the agenda across the whole school year. To stimulate your thinking about a student-led action area for your school, 10 possible action areas have been identified.

Work is underway on a package of teacher and student materials that can be used by teachers with classes, a student council or the whole school. The package will contain everything you need to guide students in planning and taking action on an action area identified for your school.

The NDA also provides an opportunity for schools to showcase their great work and how they take action to prevent bullying, not only on the NDA, but every day. Start thinking now about your school's action area for the 2019 NDA.



Ideas for student-led action

Here are 10 action areas relating to bullying prevention and student wellbeing. For each action area, suggestions are listed. Use these suggestions to stimulate your thinking about ways that students at your school can take action in a selected area.



Share school's success

To share the school's success:

- promote the school's bullying prevention approach in the newsletter and on the website
- hold an event to celebrate the school's values
- create a song to reflect the school's identity
- promote NDA activities through media
- publish photos on the school's Facebook page.



Raise awareness

To raise awareness:

- create a display of information about bullying
- compose and sign an anti-bullying pledge
- create a mural or artwork
- perform a dance, song or drama
- give a presentation at assembly about the issue of bullying.



Build relationships

To build relationships:

- create an opportunity for teachers and students to engage in a cooperative, fun activity
- create opportunities to build new relationships
- buddy students – older students with younger students
- develop social and emotional learning.



Strengthen positive behaviour

To strengthen positive behaviour:

- communicate school rules and expectations
- communicate rights and responsibilities
- promote school policy
- plan positive behaviour or bullying prevention activities for the year
- improve design and organisation of playground or physical environment
- learn about safety online.



Include everyone

To include everyone:

- hold an event that celebrates diversity among the school community
- provide opportunities for everyone to have a say
- celebrate traditions and cultures of the school community
- organise an anti-bullying poster competition.



Involve families

To involve families:

- communicate school rules and expectations
- invite parents and carers to help with the NDA
- organise an event for parents and carers
- invite parents and carers to attend a session with a guest speaker
- organise students to train parents and carers about safety online.



Learn skills to respond to bullying

To learn skills to respond to bullying:

- learn how to identify bullying
- learn and practise conflict resolution skills
- role play different ways of responding to bullying
- learn bystander strategies
- build student leadership capacity to teach skills to others.



Communicate about getting help

To communicate about getting help:

- communicate where to get help at school
- develop peer support
- communicate where to get help outside school
- organise an information session for families
- organise a guest speaker to discuss the help available to students who experience bullying.



Develop understanding of bullying

To develop an understanding of bullying:

- communicate the national definition of bullying
- find out about and share recent research
- write a newsletter article about bullying
- prepare a video or media presentation
- survey students about places in the school where bullying occurs
- develop a mini-lesson for another class.



Connect with community

To connect with community:

- invite positive role models to speak to students
- invite a speaker from an organisation that supports students who experience bullying
- participate in a community service learning program
- invite a representative of a cultural organisation to present to students.