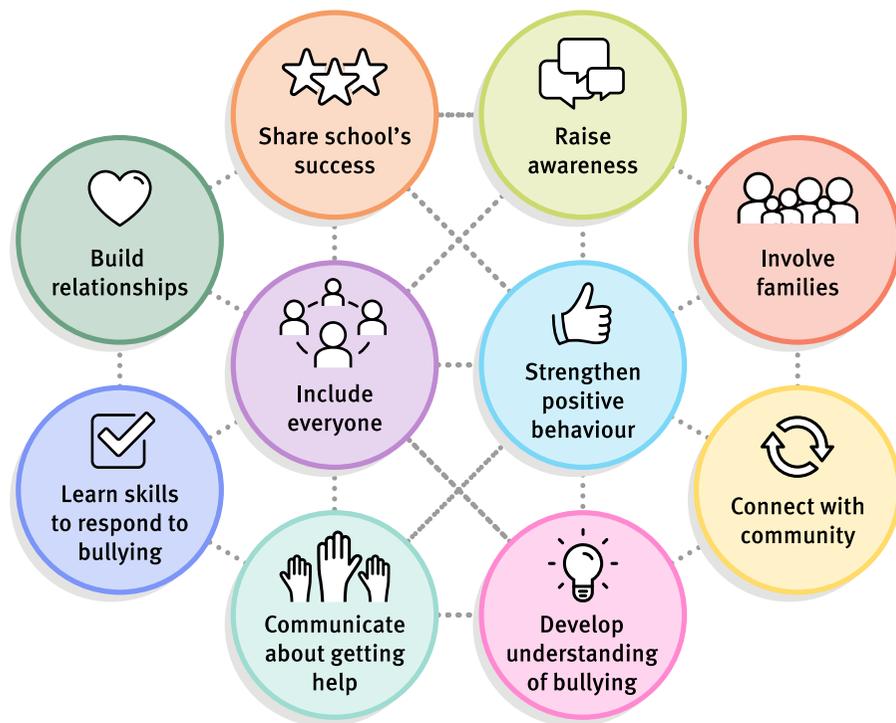


# TAKE ACTION EVERY DAY

BULLYING. NO WAY!



## Student notes Years 7–10

### NDA

In March every year, Australian schools celebrate the National Day of Action against Bullying and Violence (NDA).

### Aim

The aim of this school engagement activity is for students to plan and lead activities in an action area that is important for their school community. To assist you to select an action area, 10 possible action areas are shown on the left.

### Roles

You will be working as a team to take action related to bullying prevention or student wellbeing in your school. Your teacher will guide you through the process of planning and implementing an action plan. There will be lots of opportunities for you to take a lead, so be ready to put forward your ideas, contribute to decision-making and actively take on responsibilities.

### How to use the 'Take action' materials

On the next page are the steps to follow to take action in your school. You will need to set some meetings with your teacher and the other students involved in taking action to complete these steps.

# Flowchart of how to use the Take action materials

## Step 1

### Choose an action area

For Step 1, there are four different methods of choosing an action area (A–D).

Discuss Step 1 with your teacher, who will guide you in selecting the way that suits your school.

#### A. Select one of the 10 action areas

Select an action area from *Sheet 1 Inspiration for action Years 7–10*.

OR

#### B. Align with a school focus

If your school has a special focus for the year, select an action area from *Sheet 1 Inspiration for action Years 7–10* that matches this focus.

OR

#### C. Start with students' ideas

Gather students' ideas using *Sheet 2 Putting ideas into action workshop*. Do Parts 1–3 of the workshop.

OR

#### D. Think of your own action area

Be creative! Remember that your action area must link to bullying prevention or student wellbeing.

## Step 2

### Decide on a student-led action for your chosen action area

From the method you chose for Step 1 (A, B, C or D), follow the arrow to see what to do in Step 2.

Read through the questions on *Sheet 1 Inspiration for action Years 7–10* for your selected action area. Use these questions to think about and discuss ideas for how your school could take action. You will probably have other great ideas of your own for taking action in your action area!

Complete Parts 4 and 5 of *Sheet 2 Putting ideas into action workshop* to decide on an action.

Read the questions on *Sheet 1 Inspiration for action Years 7–10* to find out about the kinds of actions that schools could take in other action areas. Discuss and note possible actions for your action area. Consider which possible actions are achievable in the time frame. Talk to your teacher about how to decide on which action to take.

## Step 3

### Plan for Action

- Now that you have decided on your action area and action, it is time to plan the details. Discuss each question on page 1 of *Template 1 Plan for action* and record your answers.
- The *Action statement* template contains an outline for an Action statement. An example of a completed Action statement is in the box below. Complete the *Action statement* template.

#### Action statement

Central State School  
will involve families  
by inviting them to a  
breakfast  
with staff and students  
on March 15  
to showcase what the  
school does to prevent  
bullying.

- Creating a timeline will help your action plan to run smoothly. You will use a timeline to organise:
  - what tasks will be done
  - when the tasks will be done
  - who will be responsible for particular tasks
  - what resources you will need.Complete the timeline on page 2 of *Template 1 Plan for action*.

## Step 4

### Take action

- Before you take action, consider the questions from *Sheet 3 Take action process* — ‘Take action’ section.
- Take action by implementing your planned action. Be sure everyone in the team is involved.
- Afterwards, celebrate taking action! You could take a group photo of the team or provide a certificate to each team member.  
  
Certificates can be found on the [Bullying. No Way! website](#).

## Step 5

### Review

Review your action using the questions on *Sheet 3 Take action process* — ‘Review’ section.

