

National Day of Action against Bullying and Violence

Benefits for schools

The **National Day of Action against Bullying and Violence (NDA)** is Australia's key anti-bullying campaign for schools. It supports schools to work with their school communities to find practical and lasting solutions to bullying and violence. This school-focused campaign is held annually on the third Friday in March.

The **Shape the Future of the NDA** survey was undertaken to identify whether the NDA contributes to change in schools. The survey of over 200 schools showed positive impacts which increased in schools with longer involvement with the NDA.



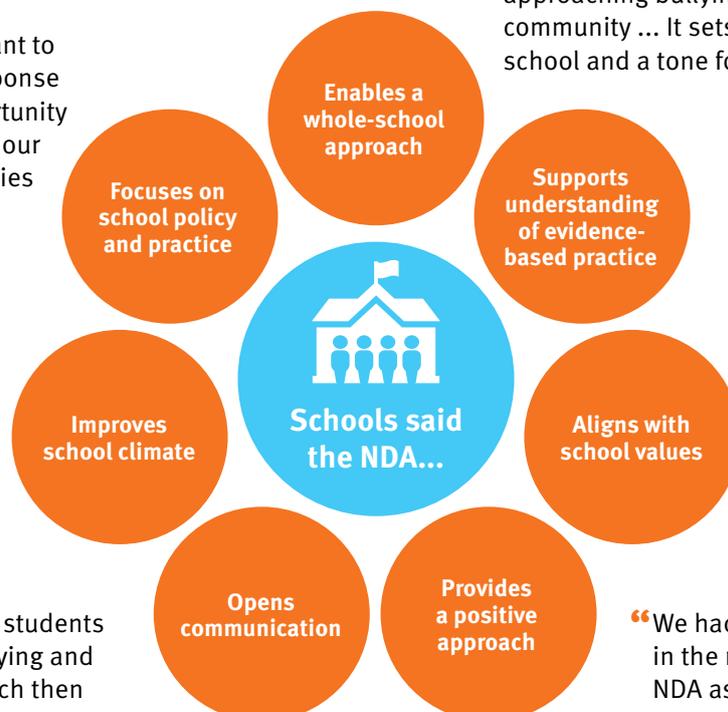
“The NDA has been an important part of giving bullying prevention a profile and focus each year.”

Positive impacts

“We considered it important to be part of a national response to bullying. It is an opportunity to focus on and promote our bullying prevention policies and practices.”

“We needed to change the culture of staff, students, and community ... and how to deal with conflict in a calmer manner.”

“We wanted to help students to understand bullying and talk about it ... which then would open the doors for families and the community to talk about bullying also.”



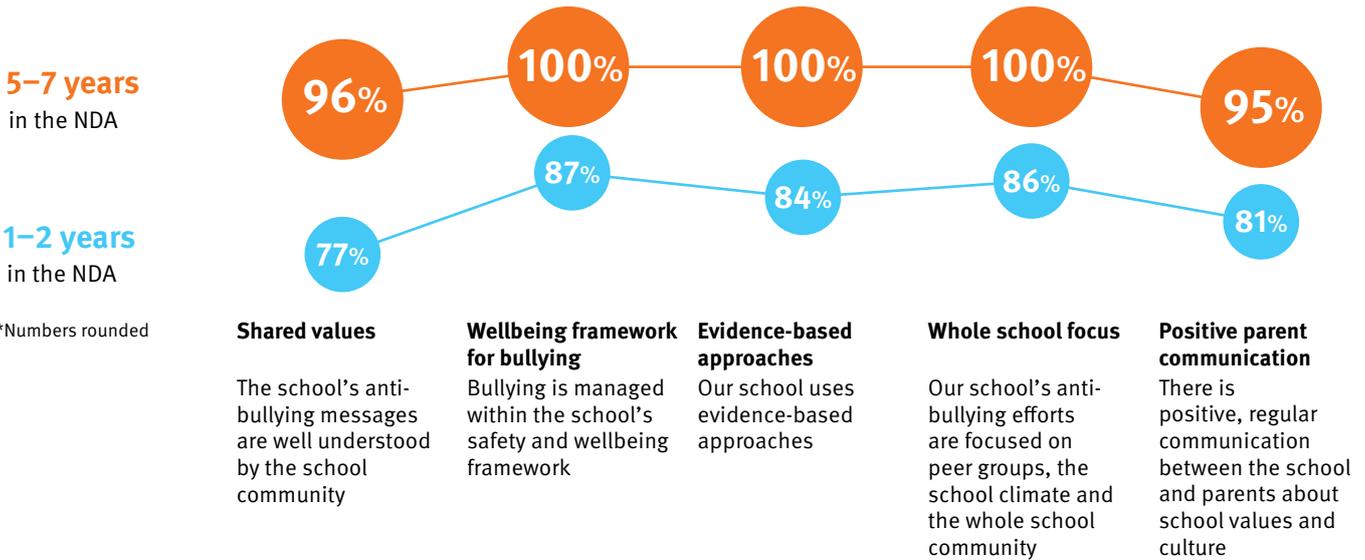
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Longer involvement – stronger results

Schools with longer NDA involvement showed stronger results, with more answering **usually** or **always** to the statements below.



Of the schools with more than five years NDA involvement:

73% reported positive changes for **students**

Including:

- greater understanding of what is bullying
- greater understanding of the importance of proactive bystander behaviours
- knowledge of what to do if bullied
- increased reporting of bullying
- a common language to use
- more positive relationships with other students and staff.

“We have noticed students being more inclusive and problem solving. If an incident arises it is reported almost immediately if the students can't work it out themselves.”

66% reported positive changes for **staff**

Including:

- greater knowledge of school policy and practices
- increased understanding of bullying
- improved response to bullying
- proactive management of student behaviour
- improved teaching about bullying and use of resources
- more positive relationships with students.

“Staff awareness of bullying, cyberbullying and the impact on individuals and groups has improved and has enabled staff to take a more active role in both challenging bullying behaviour and supporting students that have been bullied.”

66% reported positive changes in **school climate**

Including:

- a more positive school climate
- a sense of working together with a shared focus
- contribution to school values
- a common language to use
- reduced playground incidents
- more positive relationships.

“Overall the climate of the school has become more inclusive... The students understand the school's values and what it means to show respect to everyone.”

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