

# Bullying is NEVER OK!

## Student engagement activity



<b>Purpose</b>	Provide a teacher guide to the student engagement activity for the National Day of Action against Bullying and Violence (NDA) to help students understand and recognise what bullying is and where to get help.
<b>Materials</b>	<ul style="list-style-type: none"> <li>• <a href="#">Bullying is NEVER OK! video</a></li> <li>• Bullying is NEVER OK! student engagement activity guide (this document)</li> <li>• Bullying is NEVER OK! Factsheet as appropriate for your students:             <ul style="list-style-type: none"> <li>○ <a href="#">Bullying is NEVER OK! factsheet - Primary</a></li> <li>○ <a href="#">Bullying is NEVER OK! factsheet - Secondary</a></li> </ul> </li> <li>• Additional information and resources on the Bullying. No Way! website:             <ul style="list-style-type: none"> <li>○ <a href="#">Working in the classroom</a></li> <li>○ <a href="#">Support and advice</a></li> <li>○ <a href="#">Understanding bullying</a></li> </ul> </li> </ul>
<b>Steps to run the activity</b>	<ol style="list-style-type: none"> <li>1. Before watching the video, ask students to think of 3 things they know about bullying to share with the class (5–10 mins).</li> <li>2. Display the focus questions (see below) on the screen as you watch each section of the video.</li> <li>3. Stop after each section and discuss student reactions to the material covered in the video (15–20 mins).</li> </ol>

### Important to note

This student engagement activity provides an opportunity for student voices to be heard. However, teachers may need to scaffold student responses about bullying to ensure they are appropriate.

Knowing exactly what bullying is and understanding why it happens are critical to finding positive and lasting solutions for everyone involved. Bullying is a complex, multifaceted issue, different in each school and year level. The appropriate way to respond will be different for each situation and every student.

It is recommended that facilitators ensure:


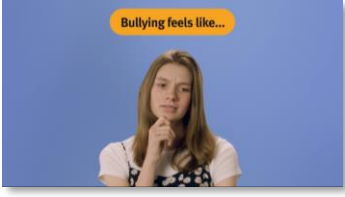
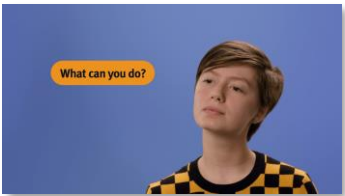

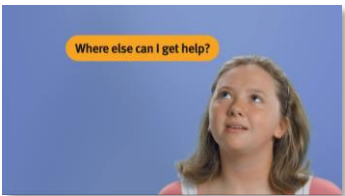

- that students are aware that this activity is a general discussion on what to do when responding to bullying and that students can raise their concerns with you after class
- there is currently no obvious or immediate bullying issue — if there is, this may not be the right topic for the class. In some cases, it may be better to delay this discussion until the problems 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 avoid using class role play related to bullying as it can raise issues and cause distress to some students
- you know how to use protective interrupting if a student begins to reveal inappropriate personal information about themselves or other students
- that any students who become distressed should be referred for support to guidance officer or counsellor and parents to be notified.

Being online is an integral part of a young person's social interactions. In February 2021, the [eSafety Commissioner](#)'s most recent survey found:

- 9 in 10 teens used the internet to research topics of interest, watch videos, chat with friends and listen to music
- 8 in 10 teens played games online with others
- 44% of teens had a negative online experience in 2020, with the top three negative online experiences being:
  - contact by a stranger or someone they didn't know (30%)
  - receiving inappropriate or unwanted content (20%)
  - being deliberately excluded from events/social groups (16%).

Discussing safe online behaviour is a preventative intervention that provides students with the language, knowledge and skills to understand the risks when online and to seek assistance when required.



Video timing	Focus questions
<p><b>What is bullying?</b> 0 – 1.07 min</p> 	<ul style="list-style-type: none"> <li>• How is bullying different to having an argument or fight with someone?</li> <li>• Where can bullying happen? Do you agree with students in the video? Do you have anything else to add?</li> <li>• What is bullying called when it happens online?</li> <li>• Do you think those who bully always recognise their own actions?</li> <li>• Are there times when bullying might be difficult to identify?</li> </ul>
<p><b>What does bullying feel like?</b> 1.07 – 2.00 min</p> 	<ul style="list-style-type: none"> <li>• How can bullying make someone feel?</li> <li>• What is it that makes bullying so damaging?</li> <li>• If someone has been using bullying behaviours, do you think they can stop?</li> <li>• What might influence someone to change the way in which they treat others?</li> </ul>
<p><b>What can we do?</b> 2.00 – 3.03 min</p> 	<ul style="list-style-type: none"> <li>• Who could you tell if you or your friends were being bullied?</li> <li>• What could you say or do to respond to bullying?</li> <li>• What does it mean to be a bystander to bullying?</li> <li>• Does this look different in an online environment?</li> <li>• Is it ever appropriate to ignore bullying behaviours?</li> <li>• What does it mean to be supported?</li> <li>• What makes you feel supported at school?</li> </ul>
<p><b>What about cyberbullying?</b> 3.03 – 3.33 min</p> 	<ul style="list-style-type: none"> <li>• What are the ways that cyberbullying can happen?</li> <li>• Are there ways someone can stop cyberbullying happening to themselves or to a friend?</li> <li>• Why would someone take a screenshot if they or their friend were being bullied online?</li> <li>• Did you know that something only has to be <b>posted once online</b> to be considered “repeated” as it can be shared many times?</li> <li>• Does this information change your idea of what cyberbullying is?</li> </ul>
<p><b>Where else can I get help?</b> 3.33 – 3.52 min</p> 	<p>Have a look at these sites to get help and support for bullying:</p> <ul style="list-style-type: none"> <li>• <a href="#">Bullying. No Way!</a></li> <li>• <a href="#">eSafety Commissioner</a></li> <li>• <a href="#">Headspace</a></li> <li>• <a href="#">Kids Helpline</a></li> <li>• <a href="#">Beyond Blue</a></li> </ul> <p>Note: it is recommended that teachers navigate these sites to highlight the services suitable for their class.</p>
<p><b>We can choose to ....?</b> 3.52 – 5.20 min</p> 	<p>The students mention 5 to 10 things that they can do to help each other. List the suggestions on the board. Do you agree or have anything else to add?</p> <ul style="list-style-type: none"> <li>• Who would you speak to at school if you or a friend were experiencing bullying?</li> <li>• Did you learn anything new about yourself (or your classmates) in this activity?</li> <li>• What did you learn about bullying that was new or different?</li> <li>• What was the most important message you would like to share with someone experiencing bullying?</li> </ul>

