



# Bullying No Way National week of action

12–16 August 2024

## Bullying No Way Week activities

### Activities suitable for home/pastoral care class (5–10 minutes)

#### Day 1: Challenge stereotypes

Encourage critical thinking and discussions about stereotypes and/or prejudice. Help students recognise and challenge biased beliefs they may hold, and promote a culture of acceptance and inclusion.

##### ACTIVITY

Examine different kinds of stereotypes (gender, race, class, (dis)ability, age, nationality, political, religious). Deconstruct those stereotypes and begin to challenge the bias and prejudice that create stereotypes. For example, girls can't understand maths or science; all people with a disability need help to do everything; if you are good at sport then you're probably not that smart.

#### Day 2: Promote empathy

Empathy fosters understanding and compassion, making it less likely for students to engage in hurtful behaviour. Teach empathy skills by encouraging students to imagine what it would be like to be in the position of others (or to be in others' shoes) and consider how words and actions might impact someone else.

##### ACTIVITY

Set a scenario (e.g. two friends are fighting because one has spread gossip about the other; a group of kids say someone can't play with them because they aren't good at the game; someone is being picked on because their lunch is different to everyone else's). As a group, name some emotions Person A could be experiencing. For Person B, list how they could show empathy towards that person. (What might that look, sound or feel like?).

#### Day 3: Embrace diversity

Encourage students to appreciate and celebrate the diversity of backgrounds, interests and identities within their class/es and the school community. Help them understand that differences make us unique and enrich our experience of life.

##### ACTIVITY

Students fill in cards with some of their favourite things or interests (such as sport, food, movies, music/artist, colour, school subject, place to visit on weekends). Students use their list to find (and note) things they have in common with others in the class and those that are unique to them (or just a couple of others) – both of which are great! Students can keep the cards in their diaries or a school book as a reminder to embrace diversity.



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## Day 4: Foster positive relationships

Encourage positive relationships and connections among students by promoting teamwork, collaboration and kindness. When students feel connected to their peer and want to help one another, they are less likely to engage in bullying behaviour.

### ACTIVITY

Initially arranged in a circle (or a couple of smaller circles) students reach across to connect their hands with different people. The group then tries to unravel the “human knot” by unthreading their bodies *without* letting go of each other people's hands. Reflect on the different ways group members helped each other to solve the problem.

## Day 5: Providing support

Offer resources and support services for students who may be experiencing bullying or struggling with their identity. Ensure that students know where to turn for help and that their concerns will be taken seriously and addressed promptly.

### ACTIVITY

Use cards or technology to create separate (jumbled) lists of school staff members' names and their support roles within the school. Ask/assist students to match staff names with the role they play. Final lists could be decorated and displayed in common areas around the school with a catch-phrase such as 'It's ok to seek support.'