



Bullying No Way National week of action

12-16 August 2024

Bullying No Way Week: Daily messages

Let's continue to build a positive culture of belonging in our schools – enhancing this important protective factor against bullying.

Share these messages with your students each day during Bullying No Way Week.

Day 1: Challenge stereotypes Primary school

This week is Bullying No Way: National week of action and we're focusing on the importance of belonging. When you feel you belong, you also feel safe and respected.

Today, we're thinking about something called 'stereotypes'. That's when we might think certain things about people just because they look a certain way, live in a particular place or are part of a specific group. Like thinking all boys are good at sports, or all girls like the colour pink, or no-one likes maths or spelling!

Do you ever think things like that?

When we think of people like this, it can affect the way we treat them.

It's important to understand that everyone is different and special in their own way. Not being the same as everyone else all the time is not just okay, it's a good thing!

We can help make our school a better place by remembering that people can come from different places, like different things and think about things in different ways from one another. Let's treat each other with respect and kindness.

What else could you do to make sure nobody feels left out? Even small things you do can make a big difference in making our school an even better place for everyone.

Secondary school

This week is Bullying No Way: National week of action and we're focusing on the importance of belonging.

In our school, creating a sense of belonging is an important part of building an environment where bullying has no place.

Today, we are focusing on challenging stereotypes and biased beliefs we may not even realise we have. Examples of stereotyping might be making assumptions based on someone's appearance, gender or country of birth. It could be assuming certain groups of people are only capable of doing certain roles, or treating people as representatives of a group instead of recognising their unique qualities and experiences.



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By recognising and confronting these ideas, we can promote a culture of acceptance and inclusion – where everyone feels respected and valued for who they are.

Take a moment to reflect: What stereotypes might you hold? How has that affected the way you treat people? How will you help others feel they are included and belong in our school?

Remember, your actions, both big and small, make a huge difference. Let's be aware of, and challenge, our assumptions. Let's make sure the way we treat others helps everyone feel they belong.

Day 2: Promote empathy Primary school

During Bullying No Way Week we're focusing on the importance of belonging.

Today, we're talking about empathy. That's when we try to understand how someone else is feeling, and show them kindness and that we care.

Do you ever imagine how someone else might be feeling? When we try this, it can help us to be nicer to each other. For example, if you think someone is feeling sad because they didn't do well on a test or aren't good at playing a game, you can help cheer them up by saying something nice about them.

What else could you do to show more kindness and help people feel like they're not alone? Even small things you do can make a big difference in making our school an even better place for everyone.

Secondary school

This week is Bullying No Way Week and we are focusing on the importance of belonging.

In our school community, ensuring a sense of belonging is very important so that we can create an environment where bullying has no place.

Today we will be talking about empathy. Understanding and compassion for others not only strengthen our personal connections with others but also significantly reduces the likelihood of hurtful behaviour in our school community.

Empathy is about putting ourselves in someone else's shoes, recognising their feelings, and responding with kindness and support. It could be as simple as listening without judgment when a friend is going through a tough time or reaching out to include someone who may be feeling left out. When we practise empathy in our interactions, it helps build a culture of inclusivity and acceptance where everyone feels valued and understood.

How can you personally show empathy to others and contribute to making our school a more caring and inclusive place for everyone?



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Day 3: Embrace diversity Primary school

This week is Bullying No Way Week where we are focusing on the importance of belonging.

When we all feel like we belong, bullying has no place.

Today we are talking about the importance of celebrating diversity within our school. In our school, being different isn't just okay, it's what makes us special! We all have different backgrounds, interests, and things that make us unique.

It's like having a big box of crayons with all sorts of colours - each one is important and makes the picture more beautiful! When we all work together and appreciate each other's differences, our school becomes a really cool and safe place where everyone feels like they belong.

How can you let someone know you think their differences are great, and what can others do to make you feel super happy about being you?

Secondary school

This week is Bullying No Way Week where we will be focusing on the importance of belonging. In our school community, ensuring a sense of belonging is very important so that we can create an environment where bullying has no place.

Today we will be exploring what it means to value and celebrate the diverse backgrounds, interests, and identities of each student, to ensure an environment where everyone feels seen, heard, and accepted.

Embracing diversity isn't just about tolerance; it's about actively embracing the richness that comes from unity in our differences.

How can you demonstrate to someone that you value and honour their unique qualities, and what actions can others take to make you feel appreciated and celebrated for who you are?

Day 4: Foster positive relationships Primary school

This week is Bullying No Way Week where we will be focusing on the importance of belonging.

When we all feel like we belong, bullying has no place.

Today we are focusing on positive relationships. Making good friends isn't just about having lots of them. It's about having mates who really understand you and make you feel happy. That means being there for each other when things are awesome or tough, and cheering each other on. It's about being kind and listening, even if we don't



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always agree. When we're good friends, our school becomes a wonderful place where everyone feels safe and accepted.

What can you do to be a good friend and make your friendships even stronger?

Secondary school

This week is Bullying No Way Week where we will be focusing on the importance of belonging. In our school community, ensuring a sense of belonging is very important so that we can create an environment where bullying has no place.

Today we will be focusing on positive relationships. Positive relationships go beyond just having a large circle of friends; they're about forming meaningful connections where we feel accepted and appreciated for who we are. It's about being able to rely on each other, share our wins and struggles, and offer genuine support and encouragement.

Positive relationships involve showing empathy, respect, and understanding towards one another, even when we may disagree.

What positive actions can you take to strengthen your friendships and become a better friend?

Day 5: Provide support Primary school

This year Bullying No Way Week focuses on what it means to belong. We can help people feel like they belong by challenging stereotypes, teaching empathy, embracing diversity and having positive relationships. All of these great things can help stop bullying.

If bullying does happen it's okay to ask for help. You can talk to a grown-up you trust, like a teacher, counsellor, or someone else at school who helps out. In our school, you can tell someone about bullying by <insert school specific content here>.

You don't have to deal with bullying by yourself – there are many people here to help you feel safe and happy at school.

Secondary school

This year Bullying No Way Week focuses on what it means to belong and how challenging stereotypes, showing empathy, embracing diversity and having positive relationships can reduce the chances of bullying happening in our school community.

It's important to know that if you or someone you know is dealing with bullying, you should reach out for support. You can find help by <insert school specific content here e.g. talking to a trusted adult like a teacher, counsellor, or administrator>. In our school, you can report bullying by <insert school specific content here e.g. visiting the counsellor's office or using the anonymous reporting system available on our school website>. You can also report online bullying at <https://www.esafety.gov.au/report/forms>



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You don't have to face bullying alone – there are people here to help you and make sure you feel safe and supported in school.