

The image features a central white speech bubble with a black outline, containing the text "National Day of Action against Bullying and Violence". The speech bubble is set against a solid orange background. The top and bottom of the image are decorated with abstract, flowing ribbons in shades of green and yellow, set against a dark background.

**National Day
of Action** against
Bullying and Violence

TODAY WE WILL LOOK AT...

- What is Bullying (and what is not).
- Who's involved in Bullying?
- What Works (to stop Bullying).
- Who can stop Bullies from causing harm?
- What can we do at school about Bullying?

THE FACTS

- 37% of Australian Workers say they are bullied in their workplace every year.
- Approximately one in five school students reported experiencing online bullying in any one year.
- In 87% of bullying interactions, peers are present as onlookers, and play a central role in the bullying process.
- Hurtful teasing was the most common bullying behaviours reported, followed by having hurtful lies told about them.
- Enhancing social status with peers is the most commonly reported motivator for bullying.
- 83% of students who bully others online also bully others in person.
- 84% of students who were bullied online were also bullied in person.

WORDS WE USE

[CLICK ABOVE TO FOLLOW LINK]

- **Conflict** : A serious or prolonged disagreement, argument or struggle between two (or more) people or groups of people.
- **Harassment**: Regular or continuous irritation, pressure, annoyance or aggravation by a person or a group of people; toward another person. It may be verbal, physical, emotional or social.
- **Bullying**: Deliberate physical or psychological harm, repeated over time by a person or group of people where a power imbalance exists. ("power" could refer to physical, social factors). It may be physical, social, emotional, verbal, written, electronic media, intimidation or discrimination.

Is It Bullying?

- When someone says or does something unintentionally hurtful and they do it once, that's RUDE.
- When someone says or does something intentionally hurtful and they do it once, that's MEAN.
- When someone says or does something intentionally hurtful and they keep doing it even when you tell them to stop or show them that you're upset - that's BULLYING.



ACTIVITY

What do you call it when...



WHAT CAN YOU DO?

How to be [Bully-Proof!](#)

[Click above to follow link]

WHO'S INVOLVED WHEN BULLYING HAPPENS?

- Victims
- Perpetrators
- Bystanders (Click to follow link)



WHAT CAN WE DO TOGETHER?

[Victims + Perpetrators + Bystanders](#)

[Click above to follow link]



WHAT CAN WE DO TO MAKE IT STOP?

Activity: Make some suggestions to Fix the problem.

OUR PLEDGE

Bully Stoppers School Pledge

We know that bullying, in all its forms, must be stopped because Ayr High should be safe place for everyone.

We're making our school safe by:

- Speaking up when others need help
- Appreciating others, being a good friend & an active bystander
- Solve problems when I can, seeking help when I can't
- Encouraging people around us to Make a Stand, Lend a Hand against bullying.

Together, we pledge to stand up for each other and stop bullying in our school.

Principal _____

Student Council Representative _____

Student _____ Date / /2018