

# Bully Proof

anti-bullying strategies for school & online

for primary school



## Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



## Incursion Details

- \* Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* Single sessions are between 60 and 90 minutes (depending upon year level)
- \* Follow-up lesson plans and resources for teachers are included
- \* Parent sessions are also offered on several topics
- \* Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



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## Learning Focus

The **Bully Proof** incursion provides evidence-based information on bullying including why it occurs, cyber-bullying, the role of bystanders and practical strategies that prevent bullying. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop equips students with practical tools to understand the causes of bullying and being proactive in creating a safe environment, how to respond and actively seek support.

The **Bully Proof** incursion can be tailored to meet the needs of students from lower to upper primary. In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

## Key concepts covered in the session:

- Definition of what “bullying” is (i.e. repeated and deliberate)
- Why it occurs and the different forms of bullying
- Explores the role of the target, bully and bystander
- Practical strategies to cope including assertiveness skills
- The importance of empathy
- Encouraging students to be proactive in seeking advice and helping others
- Cyber-bullying – what it is and strategies that help us to be cyber-safe
- Exploring social networking (age appropriate), and their effects
- That bullying is unacceptable and that students play an important role in creating a safe, bully-free environment at school and online

## Essential Learning Standards

Values for Life Incursions present an interactive and engaging student learning program that intertwines elements of all three strands of the curriculum, the key focus is on the following dimensions:

- **Building social relationships and working in teams** (Interpersonal Development)
- **Listening, viewing and responding** (Communication)

The table below shows those dimensions addressed & the degree of emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams		X	X
Personal Learning	* The individual learner		X	X	
	* Managing Personal learning	X		X	
Civics & Citizenship	* Civics knowledge and understanding		X	X	
	* Community engagement		X	X	
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
Thinking Processes	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X