



# Anti-bullying Workshop

Peer Support Australia has developed a program for primary and secondary schools to support students, staff and parents to become more aware of bullying behaviours. A whole school approach to creating positive change includes raising awareness, developing strategies and implementing procedures.

## Step 1.

### Positive Directions in Anti-bullying Workshop

A 2 hour workshop where current practice is considered with a focus on raising awareness and sharing positive school initiatives. A framework for an anti-bullying policy is also discussed.

Conducted each term in various locations.

## Step 2.

### Flexible Delivery Anti-bullying Implementation

Facilitated in your school by the participants who attended the Positive Directions in Anti-bullying Workshop.

This flexible delivery package focuses on a framework for developing a whole school approach to bullying behaviours. Positive strategies, procedures for support and reporting of bullying behaviours are investigated.

Included are strategies to support parents, the teacher's role and implementation of the student learning modules.

#### Flexible delivery package includes:

- session outlines, including teacher survey
- learning guide for staff
- overhead masters
- worksheets
- current student leadership training notes
- outline for parent session, including parent survey
- parent information booklet
- anti-bullying module for Primary or Secondary

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## Step 3.

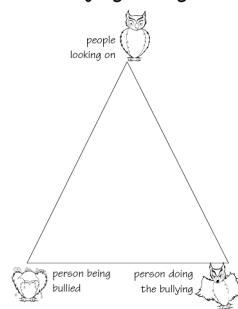
### Anti-bullying module for Primary Schools

*Speaking Up* is an 8 session anti-bullying module. This will assist students to develop skills and strategies enabling them to be more responsible and empathic towards each other. Only available to schools who have conducted the Peer Support Program for at least one year.

### Anti-bullying module for Secondary Schools

*Working through Conflict* is an 8 session anti-bullying module. This will assist students to develop skills and strategies enabling them to be more responsible and empathic towards each other. This module has been specifically written for Year 7 students and is only available to schools which are currently implementing the Peer Support Program.

#### Bullying Triangle



#### 4 Types of bullying



- physical
- verbal
- social
- psychological

#### Key skills include:

- empathy
- decision making
- problem solving
- assertiveness
- relationship building
- conflict resolution

#### Primary and Secondary Modules include:

- implementation ideas
- curriculum links
- surveys for students
- teacher support materials

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