

ANTI-BULLYING

for SECONDARY SCHOOLS

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

STRENGTHENING OUR CONNECTIONS

The serious long term effects of bullying behaviours have long been documented. It is important that schools respond effectively to incidents of bullying while also actively promoting healthy relationships and developing students' social and emotional skills.

Strengthening Our Connections is the new Anti-bullying Module of The Peer Support Program for Secondary schools. The Module recognises that all members of the school community can play a role in reducing the incidence of harmful behaviours. It builds students' capacity to prevent and respond to bullying and draws on positive psychology principles such as fostering strengths, gratitude, respect and kindness in students. This develops protective factors and strengthens relationships across the school.



THE PEER LED MODULE

In **Strengthening Our Connections**, students are taught the skills they need in order to respond effectively to bullying. Students who are bullied, students who bully, and bystanders are all given strategies to assist them in reducing harmful behaviours and their impact. By utilising the powerful peer led format, students help create their own environment in which to thrive.

The eight session Module supports students to develop the skills, knowledge and attitudes necessary to make a positive contribution to the creation and maintenance of a safe school environment.

It is assumed that this module is not stand-alone in promoting pro-social behaviours or addressing bullying behaviours. This module is designed to support the review and development of active policies, procedures and initiatives put in place by individual schools. It is only with a coordinated and collaborative approach that safe and positive environments can be created to benefit everyone.

Strengthening Our Connections helps students to:

- Foster their individual strengths
- Enhance social and emotional skills
- Contribute to a positive school
- Define bullying and other harmful behaviours
- Develop strategies to respond to bullying and other harmful behaviours
- Encourage reporting and effective intervention
- Stay safe online

Strengthening Our Connections focuses on developing skills in:

- Relationship building
- Conflict resolution
- Decision making
- Problem solving
- Resilience
- Assertiveness
- Empathy



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