



# Anti-bullying

## Definition:

Bullying behaviours are about an imbalance of power where there is deliberate intent to cause harm or distress. It is not considered to be bullying if people of equal power have a difference of opinion. Bullying behaviours impact on the person being bullied, those doing the bullying and those looking on. Bullying incidents can be isolated or repeated. Peer Support Foundation, 2006.

The serious long term effects of bullying behaviours, such as the higher incidence of youth depression, anxiety and lower self esteem reinforce the need to address the issue effectively within a broad school context.

Peer Support Australia's anti-bullying training focuses on a whole school approach, inclusive of school staff, students and parents. The program includes a range of strategies for all members of the school community to make a positive contribution to reducing the incidence of bullying behaviours.

"...schools with a supportive and inclusive school community, where students feel they belong and are appreciated, are less likely to have high levels of bullying behaviour. Having a positive school environment that the entire school community has helped build, will prevent bullying happening in the first place" Dr Rob Moodie, VicHealth, 2002.

Research suggests that students who experience bullying behaviours are more likely to speak to their friends about it, making a peer led approach to addressing the issue more appropriate.

## Speaking Up

This 8 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.

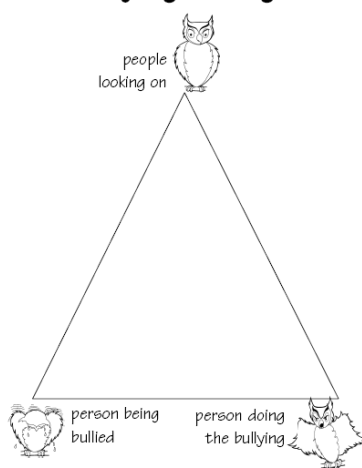
*Speaking Up* is an experiential, skills based learning module designed to engage students as it addresses the issues of bullying behaviours in a whole school context.

*Speaking Up* recognises that all members of the school community can play a role in reducing the incidence of bullying behaviours.

*Speaking Up* has an underlying basis that bullying behaviours are learned and have a social context. As a result, new behaviours need to be learned in order to replace those previously demonstrated. Students are given an opportunity to develop strategies for dealing effectively with bullying behaviours through 2 models:

- the bullying triangle
- turn, talk and tell triangle

## Bullying Triangle



*Speaking Up* focuses on developing the following skills:

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

## Aims of *Speaking Up*:

- identify bullying behaviours
- identify roles in the bullying triangle
- develop strategies
- encourage reporting
- take responsibility
- contribute to a positive school

## Session Content:

- what is bullying?
- beliefs about bullying
- showing support
- helping others
- being heard
- a positive school