

## Exploring the NSW anti-bullying website

# Activities to engage students

The following activities have been developed to encourage students to explore and use the information provided in the student section of the NSW anti-bullying website: <http://antibullying.nsw.gov.au/>.

The activities can be adapted for use with primary or secondary aged students and completed by individuals and/or groups of students. Activities provided relate to the entire student section of the website as well as discrete sections of the website.



### Activities for the entire student section

#### Activity 1

Break the class into six groups and allocate each group a page of the student section of the NSW anti-bullying website: <http://antibullying.nsw.gov.au/for-students>.

Each group explores their allocated section to create a poster with key information they find. Groups then present their poster to the rest of the class. Follow up could include:

- displaying posters around the school
- presenting posters at school assembly
- photographing posters for the school website and newsletters.

#### Activity 2

Look through the student section of the website at <https://antibullying.nsw.gov.au/for-students>. Design a quiz, game (such as bingo) or true/false activity using information you find.

#### Activity 3

Students work in pairs to research the student section of the website (<http://antibullying.nsw.gov.au/for-students>) to complete these activities:

- On which page is 'The Upstander' video located?
- Who are the bystanders in the 'The Upstander' video and can you give examples of 'bystander' behaviours?
- Find two examples of upstander behaviour found on the 'I've seen someone being bullied' page.
- List different ways that someone might be bullied and how an upstander might respond.
- What strategies could you use from the student section of the website if you are bullied?



## Activities for the 'Student – What is bullying?' section

### Activity 1

Create a short story, a cartoon or make a video about what bullying is and what it is not. Check the definitions on the website:

<https://antibullying.nsw.gov.au/for-students/what-is-bullying>

### Activity 2

Make a short video that investigates popular social networking applications that students are using. Interview students, parents and teachers about social media and how they stay safe online. Here are some apps to get you started:

<https://antibullying.nsw.gov.au/parents-and-carers/Keeping-my-child-safe-online/online-safety>



## Activities for the 'Student – I'm being bullied' section

### Activity 1

What is the difference between 'dobbing' and seeking help for a bad situation? Some ideas to get you started can be found here: <https://antibullying.nsw.gov.au/for-students/im-being-bullied>

### Activity 2

If you feel someone is trying to bully you, there are lots of things you can try to make the behaviour stop and/or get support. Read through the suggestions here, and describe which you would use, and why: <https://antibullying.nsw.gov.au/for-students/im-being-bullied>

### Activity 3

Using the strategies you came up with in the last activity; create a poster, book, cartoon or other visual representation of how a person can effectively respond to bullying:

<https://antibullying.nsw.gov.au/for-students/im-being-bullied>

<https://antibullying.nsw.gov.au/for-students/ive-seen-someone-bullied>

### Activity 4

Bullying can affect people in different ways. Look on the website for ideas about how someone being bullied might feel and what can be done about it. <https://antibullying.nsw.gov.au/for-students/im-being-bullied>

Draw and cut out a heart shape and write words describing how you might feel if you are being bullied. Trace around your hand and cut out a hand shape. On each finger list one strategy you can use to try to stop bullying.



## Activities for the 'Student – I've been called a bully' section

### Activity 1

Sometimes people aren't aware that their behaviour is regarded as bullying.

<https://antibullying.nsw.gov.au/for-students/ive-been-called-a-bully>

What are some steps you can take to repair friendships if you have been called a bully?

### Activity 2

Have a look at the diversity poster at: [https://antibullying.nsw.gov.au/media/documents/students/Anti-bullying-Poster\\_Diversity.pdf](https://antibullying.nsw.gov.au/media/documents/students/Anti-bullying-Poster_Diversity.pdf)

Design your own poster to promote support for diversity.



## Activities for the 'Student – I've seen someone bullied' section

### Activity 1

Bystanders play an important role in bullying situations. If you see bullying and feel confident enough to take safe action, there's an increased chance that the bullying will stop. Everyone plays a role in bullying situations, even if they are only witnesses to the behaviour.

Watch 'The Upstander' video and discuss the story.

<https://antibullying.nsw.gov.au/for-students/ive-seen-someone-bullied>

Create a mind map on the board with the title 'The Upstander'. Ask students:

- What do you think the title means?
- What do you think an upstander is?
- Who is the upstander in the video?

### Activity 2

There are lots of ways that bystanders can help, without putting themselves in danger.

Write some scenarios of how bystander action helped someone being bullied.

<https://antibullying.nsw.gov.au/for-students/ive-seen-someone-bullied>