

Online Classroom

BULLYING IS NOT OKAY

PACKAGE INCLUDES:

✓ Interactive online resource

PLUS

✓ Teachers'
Guide

✓ BLM
Activity
Sheets



Online Classroom

BULLYING IS NOT OKAY

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Introduction

What Is Online Classroom?

Online Classroom has been created by Ready-Ed Publications for educators and parents. Online Classroom means that students use interactive technology to learn skills and content prescribed by the Australian Curriculum. By learning online, students will be more engaged with the content and actively demonstrate their skills. Online Classroom can be used on a multitude of devices such as smart/whiteboards, tablets and laptops and is accessible 24/7. There are many different Online Classroom packages to choose from. Go to: **www.readyed.net** and click on **Online Classroom** to select a package that suits your needs.

What Is Online Classroom: Bullying Is Not Okay?

Online Classroom: Bullying Is Not Okay is a digital package which caters for children in Year 3 through to Year 7. Students will learn about this topic through interactive content, engaging graphics, videos and sound.

Online Classroom: Bullying Is Not Okay is a flexible resource. It can be used:

- to generate thoughtful class discussions;
- to set up group work;
- as part of your Health lessons;
- to develop a whole school approach to talking about and tackling bullying.

We hope that you enjoy your teaching experience with Online Classroom: Bullying Is Not Okay.

Online Classroom: Bullying Is Not Okay package includes:

Interactive online resource

See page 8 for the link that will provide you with access to Online Classroom: Bullying Is Not Okay.



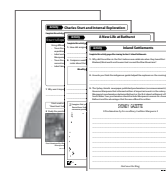
Teachers' guide

A step-by-step guide to using Online Classroom: Bullying Is Not Okay is found in this BLM. This includes how to login and navigate.



Activity sheets

Students can complete the activity sheets after viewing each section of Online Classroom: Bullying Is Not Okay. You can find the activity sheets online as well as in this BLM.



VIEWING ONLINE CLASSROOM

Online Classroom can be viewed on a multitude of devices such as smart/whiteboards, tablets and laptops.

Research shows that students are much more engaged when they are presented with visually stimulating material and information that can be explored in a fun and interactive way. Touch buttons and video clips coupled with colourful and exciting visuals will complement traditional learning material.



You might choose to present *Bullying Is Not Okay* on an electronic smart/whiteboard. This will create lots of thoughtful class discussion. Print out or photocopy the relevant activity sheets and distribute to the class to gather their thoughts. Activity sheets can be found inside this BLM or online.



Encourage independent learning on individual devices. Let students explore Online Classroom at their own pace. To do this share the link with your class: https://www.readyed.com.au/bullyingisnotok_1/#/home.

TIP



Use this digital package as part of your Health lessons.

Section 1:

WHAT IS BULLYING?



Foreword

No school is free from bullying, but some school environments have less incidents of bullying than others.

It is likely that the students who attend schools where bullying happens less, are educated about bullying and know that it is wrong.

Studies show that some children bully or encourage others to bully because they do not know that the behaviour is inappropriate.

The aim of this package is to make the children in your class understand that bullying is never okay. If students recognise and accept that bullying is not okay, you are doing a great job of working towards a 'no bully culture' in your school.

Pages 11-15 contain screenshots of the online content for Section 1 and provide teacher notes to support each page.

Section 1: What Is Bullying?

Different Types Of Bullying

There are four different types of bullying. Click on the boxes to read more about each one.

Verbal Bullying



Social Bullying



Physical Bullying



Cyberbullying



Back

Next

1 2 3 4 5

■ Above: Screenshot of Online Classroom: Bullying Is Not Okay Section 1 Page 3

Notes On Section 1 Page 3

There is no single behaviour that constitutes bullying. Bullying takes many forms and faces.

It is important that students recognise the different forms that bullying can take (verbal, social, physical and online), so that they can:

- identify if they are being bullied;
- know if they have witnessed bullying being done to others;
- know if they are being a bully and can stop.

On Page 3, four interactive boxes reveal popups which deliver further information about each type of bullying. Clear examples of each type of bullying are given. Before you click on each box, your students could guess what constitutes each type of bullying.

FAST FACT 1

1 in 4 Australian students experience face-to-face bullying.

(Australian Kids Helpline)

FAST FACT 2

1 in 5 Australian children experience online bullying.

(Social Policy Research Centre, University of New South Wales)

WHAT IS BULLYING? 1

Complete this activity sheet after viewing Section 1: What Is Bullying?

1. Tick the scenarios that you think are examples of bullying.

- ☐ a. You get a test back and you scored lower than your friend. Your friend boasts about her score. This makes you feel sad.
- ☐ b. You and your friend go to the movies. You want to see Dragon Den, but your friend becomes very bossy and makes you see Return of the Elves. You don't enjoy the movie.
- ☐ c. Every time you leave the library, a classmate waits for you and trips you up. He laughs when you cry.
- ☐ d. Your teacher gives you the option of working in groups or individually. You can't wait to work with your best friend and move to sit next to him. But your friend tells you he wants to work on his own and moves to a quiet corner.
- ☐ e. Every Friday, when you get your mental Maths test back, a classmate calls you 'dumb' and encourages others in the class to join in.
- ☐ f. Your friend says you can't use her eraser because it is special to her. You have lost yours and end up reluctantly crossing out your work instead.
- ☐ g. At soccer training every Monday, the other kids deliberately do not pass the ball to you.
- ☐ h. Everybody in the class is invited to Sienna's birthday party. You do not receive an invite.
- ☐ i. Your two friends spend a lot of their time at the weekend playing video games. They talk about the video games all the time at school and you feel left out. You try to change the subject but it doesn't work.

BULLY WORD SEARCH

2. Find the names of the famous Australians who were bullied at school.

K Z H A Z E M E L M A S R I X
 T E H H A N H D O D X N M Q R
 F C S B N Y X C L C W L H F S
 L Q F N D O T E K C I F L D Y
 Y Z E T A A L F D I P M E X F
 S D E E R B A C C E B E R B L
 L L U B N R U T M L O C L A M
 M I C H E L L E B R I D G E S

Malcolm Turnbull
(Former Prime Minister)

Anh Do
(Comedian)

Michelle Bridges
(Personal Trainer/TV Personality)

Hazem El Masri
(Rugby League Player)

Rebecca Breeds
(Home And Away
Actress)



Section 2: Preventing Bullying

Talking Makes You Feel Better



If you are feeling unhappy and need someone to talk to, the Australian Kids' Helpline is always open. You can call, email or start a webchat. Click to reveal the details.



■ Above: Screenshot of Online Classroom: Bullying Is Not Okay Section 2 Page 4

Notes On Section 2 Page 4

Sometimes students who are struggling emotionally don't want to talk to someone who they know such as a teacher, parent or school counsellor. The Australian Kids' Helpline gives students the option of talking through their feelings with a qualified anonymous person.

Students can copy down the contact details displayed on the screen. You can let them know that the Helpline is always open (24/7) and it is free to call.

PREVENTING BULLYING 2

Complete this activity sheet after viewing Section 2: Preventing Bullying.

1. What is cyberbullying? Write a definition below.



2. Write down three rules to avoid being cyberbullied.

Rule 1: _____

Rule 2: _____

Rule 3: _____

3. Read the quote below. Think about what it means. Do you agree or disagree?

"The more digital forms that a child uses, the more opportunities there are for being exposed to potential cyberbullying." (www.stopbullying.gov)



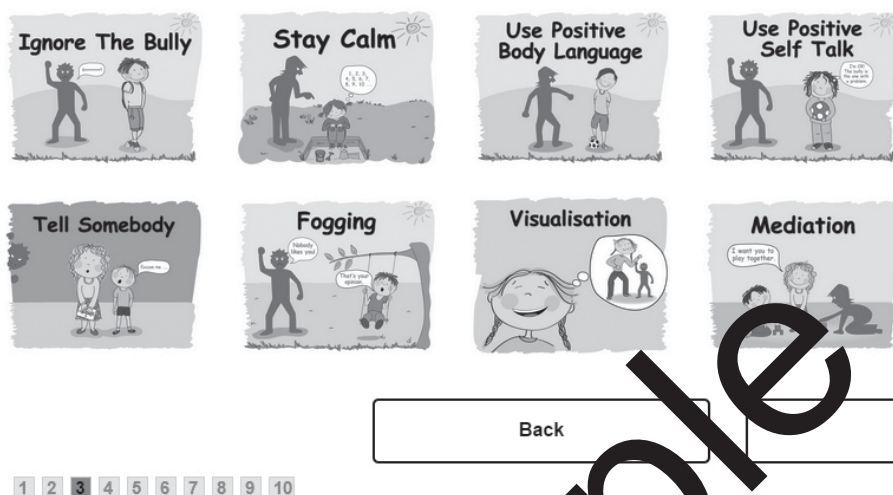
Section 3: When Bullying Happens

What If You Are Being Bullied?

If you are being bullied, the way that you respond can either encourage the bully or put the bully off.



Click to reveal some positive ways to respond to bullying if it happens to you.



■ Above: Screenshot of Online Classroom: Bullying Is Not Okay Section 3 Page 3

Notes On Section 3 Page 3

Many students who are being bullied don't know what to do or how to get help. Talking to your class about methods to cope with bullying will empower them and most students will work out how to deal with bullying and stop it on their own. Equipping your class with strategies to resolve bullying will make students feel safer and in charge. Talk about the eight clickable pictures on this page - notes on each picture follow below.

Picture 1: Ignore The Bully

Bullies are often encouraged by victims who respond emotionally to being bullied. Students who ignore bullies and act like they are unperturbed will often discourage a bully as they are not getting a desired response. Walking calmly away from a bully is a great way to hamper bullying behaviour.

Picture 2: Stay Calm

Often, a student's natural and instinctive reaction when they are being bullied is to lash out at the bully and get themselves involved in a physical fight or verbal war. Responding to a bully with anger can make bullying worse. Some ways to stay relaxed and in control are: tell the bully to "stop" in a calm but confident voice; tell the bully assertively but not aggressively that they are not afraid; count to 10 and take deep breaths to stay poised.

Section 4: Scenarios



Scenario 1:
Jealous Emily Spreads A Rumour



Scenario 2:
Lucy Responds To Bullying With Positive Thoughts



Scenario 3:
Tired Chris Is A Bad Sport



Scenario 4:
Izzy Blocks And Reports Instagram Bully



Scenario 5:
Jaydon The Copy Cat Bully



Scenario 6:
Bystanders Respond To Bullying



Scenario 7:
Upstander To The Rescue



Scenario 8:
Tayla Responds To Bullying With Fogging



Scenario 9:
Jake Is Cyberbullied By Zack



Scenario 10:
Angry Maddie Excludes Her Friend

Foreword

In the online content of section 4 you will find ten illustrated bullying scenarios. It is likely that some of your students may have witnessed or been involved in similar situations to the ones presented.

Click on each scenario. Discuss with the students what they think is happening. Ask them how they feel about the stories; why they think the bullies are acting the way they are; and whether they can think of a solution to the behaviours.

Pages 50-59 contain activity sheets for each scenario. These activities encourage further thought and consideration of the bullying topic.

Scenario 6: Bystanders Respond To Bullying

Complete this activity sheet after viewing Section 4: Scenarios.



1. Read the thought bubbles.
2. Colour the bystanders in red.
3. Colour the upstanders in yellow.
4. **Tick:** The bullying in the picture is:
☐ overt OR ☐ covert.

5. Come up with another suitable title for this scenario.

6. Tick which form of bullying you think this scenario is showing.

☐ social
 ☐ verbal
 ☐ physical
 ☐ online

7. Jot down positive things that you could say/do if you were a witness to this bullying incident.

Say ...	Do ...

Pair Work

With a friend, read the quotation. What do you think it means? On the back of this sheet jot down your thoughts.

“People who love themselves, don’t hurt other people. The more we hate ourselves, the more we want others to suffer.”

Dan Pearce, Author and Artist