



Guide to Thrive

Inspire students to leap into Year 7

Classroom Activity:

Whole Group Discussion:

What does bullying do to us?

Ask students, "What makes someone a good friend? What kind of things do friends do and say? How do these things make us feel?"

Elicit responses as needed. Ask students for examples of phrases and words.

Now, ask students, "What about the things people do that hurt us? How do these things make us feel?"

Elicit responses as needed. Ask students for examples of phrases and words.

Tell students that today they are going to learn about the impacts of the words and language we use, in order to understand the impacts of bullying.

Access the URL: Bully A Plant: Say No To Bullying - YouTube

Watch the video as a group. Do not guide students through. Now, instruct students to break into small groups to talk about their reflections on the video.

Small Group Task:

Have students get into small groups of about 4-5. Where possible, try to encourage students of different genders/ability levels/language/cultural/religious backgrounds to work together, to learn about and reflect on their own experiences.

Teachers are best positioned to be aware of sensitivities within the class, and to modify this task appropriately. Please ensure your students have a safe space to share.

- Encourage students to discuss their reactions to the video.
- If they are comfortable, some students might share their own experiences of bullying during primary school.
- Have students discuss how bullying makes them feel.
- Have students talk about what they can do if they see someone being bullied.
- Encourage students to think about ways to be an upstander.

Whole Group Discussion and Feedback:

Ask students to share the insights from their group. Encourage questions and key learnings on the impact of bullying.

Encourage students to talk about what they can do if they see someone being bullied, and remind students about the role of parents and teachers to help them.

Ask students how they can go from being a bystander to an upstander. Make sure to focus on appropriate ways to respond without being physically or verbally abusive to others.

Wrap up

Ask students what they have learnt about bullying today. Encourage students to consider what different forms of bullying, in addition to the verbal bullying they saw in the video, may look and feel like. Encourage students to talk about or watch the video again with their parents/siblings.

