

# National Day of Action against Bullying and Violence

On Friday March 19, Plenty Parklands took a stand against bullying and violence by participating in the 2021 National Day of Action against Bullying and Violence (National Day of Action) which was held nationwide. 6276 schools participated this year.

The National Day of Action is Australia's key anti-bullying event for schools and is in its 11<sup>th</sup> year. It's a day where school communities across Australia 'take a stand together' against bullying and violence. The theme for the NDA 2021 was 'Take Action Together'. This theme aimed to elevate student voice, empowering young Australians to join the conversation.



Plenty Parklands Primary is dedicated to creating a supportive school environment, free from bullying, harassment and violence. By working together we are sending a clear message to young people that bullying and violence, in or outside of school, are not okay at any time.

Bullying and CyberBullying has been an ongoing focus at PPPS and is covered in classroom programs and during eLearning programs throughout the year. Last Friday, all classes participated in activities aimed at promoting positive behaviour, a supportive school environment and a deeper understanding of what bullying is (including cyberbullying) and how to respond to it. Below is a summary of what each year level focused on:

**Prep** - Prep students watched a Sesame Street video about being a good friend and then discussed what it means to be a good friend and how they can care for others. Students then drew a time when they had been a good friend or when someone else had been a good friend to them.

**Year 1** - Students listened to the story "Be Kind". Each class had a kindness bucket in the classroom for the day which they filled with kindness throughout the day. There was a follow up activity of drawing a kind act and a kind/unkind sorting activity.

**Year 2** - Students watched 'The Allen Adventure' and discussed how to be inclusive to their peers. They created a poster in pairs and then went outside and practiced these new skills on the sports ground.

**Year 3** - Students looked at the bullying posters produced for the National Day of Action and discussed the strategies listed on the posters to prevent bullying and support other students who have been bullied. They then put these strategies into a chatterbox paper game. Students also wore odd socks to recognise individual differences.

**Year 4** - Students considered, discussed, and contributed to the creation of appropriate and relevant strategies to respond to bullying in their context. They designed and created their own student voice poster, based on appropriate strategies that they may say and do in response to bullying.

**Year 5** - Students looked at the slides from Empowering Student Voice presentation and discussed what they can do to stand up against bullying. They then created their own digital voice posters on what actions they can take to prevent bullying.

**Year 6** - Students watched a video about bullying and empowering students to have a voice against it. Students discussed and contributed to the creation of appropriate and relevant strategies to respond to bullying at school and in the community.



Our school community continues to deliver a powerful message that bullying and violence are never ok. Today, our students had a voice in talking about bullying. It's important we include them in finding solutions.

Resources and strategies for dealing with bullying can be found at [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au).