


Online Classroom

BULLYING IS NOT OKAY

PACKAGE INCLUDES:

 Interactive online resource

PLUS

 Teachers' Guide

 BLM Activity Sheets



Important:
Register your
Online Resource
Details on page 8

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 primary aged children in Year 1 through to Year 6. 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 your login code. This will provide you with access to Online Classroom: Bullying Is Not Okay.



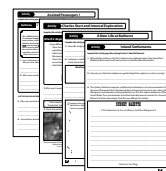
Teachers' guide

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.



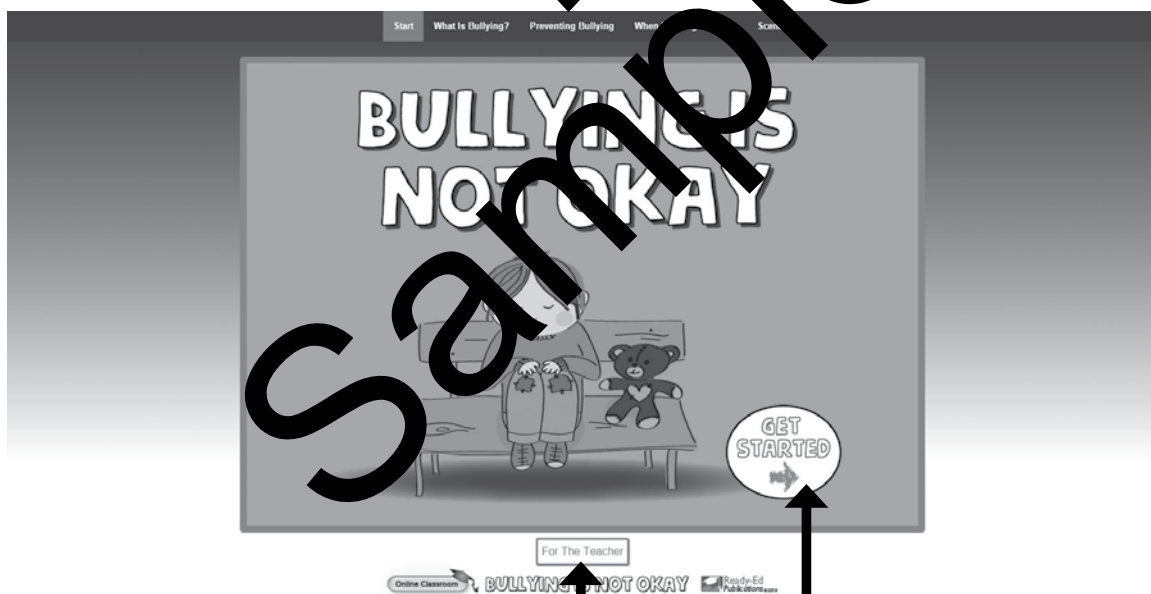
TOP NAVIGATION BAR

HOME

Once you have logged in, you will land on the HOME page. You will always have access to this page by clicking on the START tab button located on the top navigation bar. Navigate through the sections and topics at your own pace and in any order you choose.

TOP NAVIGATION BAR

Use this menu to navigate through the resource. There are four sections in total. More information on each section is found in this BLM.



FOR THE TEACHER

Use this button at the bottom of the screen to navigate to the information for teachers. This is where you will find a PDF version of this book.

GET STARTED

For a quick start, click on **GET STARTED**. This button will take you to Page 1 of Section 1.

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 12-15 contain screenshots of the online content for section 1 and provide teacher notes to support each page.

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.



Malcolm Turnbull
(Former Prime Minister)

Anh Do
(Comedian)

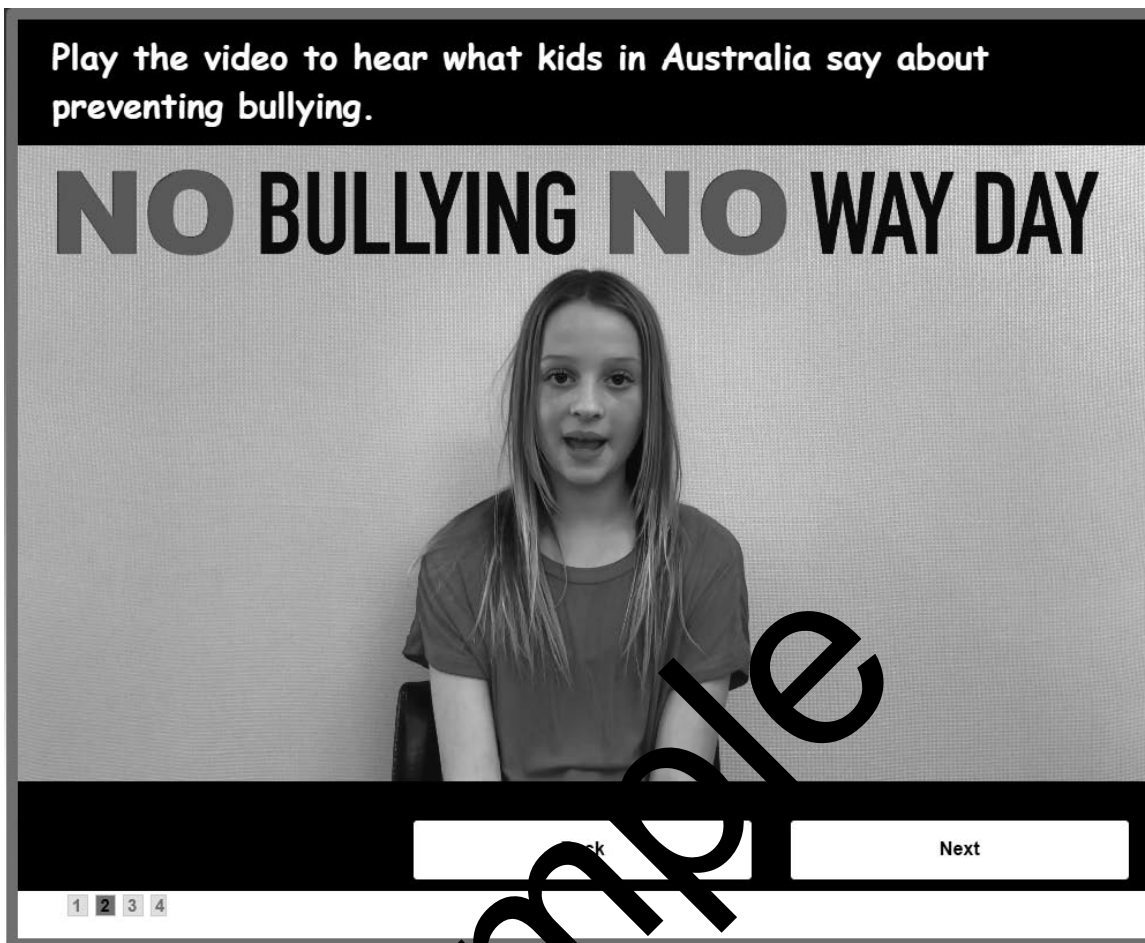
Michelle Bridges
(Personal Trainer/TV Personality)

Hazem El Masri
(Rugby League Player)

Rebecca Breeds
(Home And Away
Actress)



Section 2: Preventing Bullying



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

Notes On Section 2 Page 2

The video on this page is approximately 3 minutes in length. It includes several primary school children talk about their schools' policies on bullying and their ideas on preventing bullying from happening.

This video creates a good opportunity to discuss your own school policy on bullying. When watching the video your students will think about whether they agree or disagree with the children being interviewed. Ask the class whether one particular part of the video stands out to them.

“WHEN WE TEACH KIDS TO RELATE WELL, TO SHOW RESPECT, TO MAKE GREAT CONNECTIONS — BOTH ONLINE AND OFFLINE — THEIR WELLBEING IS ENHANCED, AND SO IS THE WELLBEING OF OTHERS AROUND THEM.”

(Justin Coulson, Parenting expert and psychologist at Life Education Australia)

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.



Back

Next

1 2 3 4 5 6 7 8

■ Above: Screenshot of Online Classroom: Bullying in New Year 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 and stop the bullying 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 Sully



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

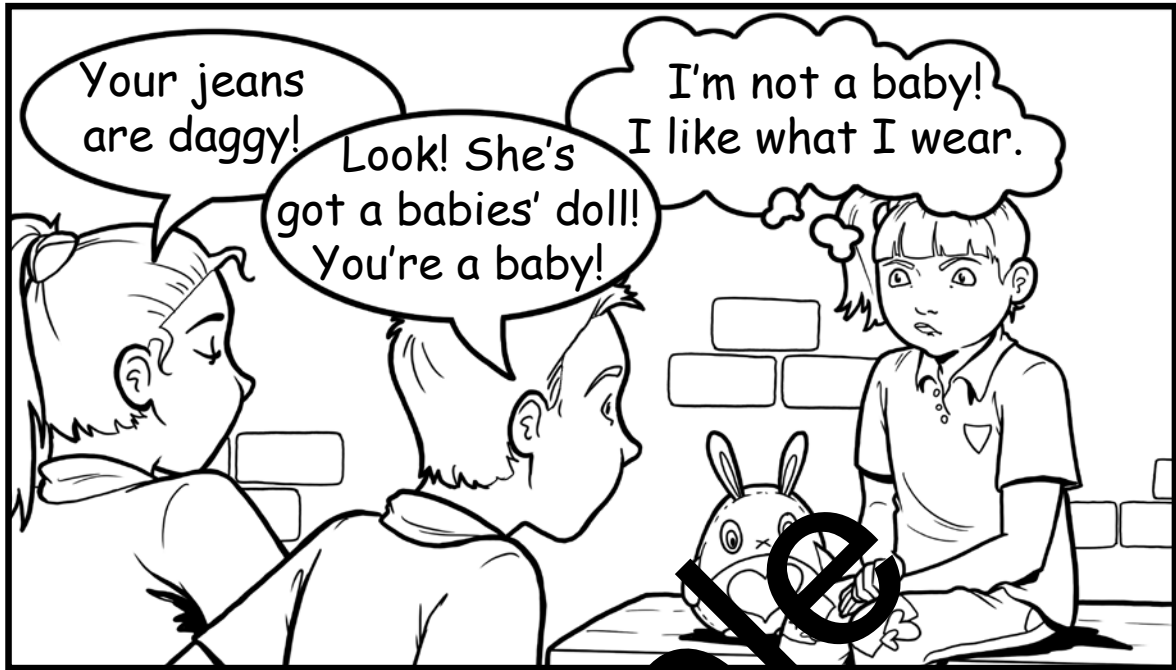
In the online content of section 4 you will find ten illustrated bullying scenarios. It is likely that some of your students may have witnessed or been involved in similar situations to the ones presented.

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 42-51 contain activity sheets for each scenario. These activities encourage further thought and consideration of the bullying topic.

Scenario 2: Lucy Responds to Bullying With Positive Thoughts

Complete this activity sheet after viewing Section 4: Scenarios.



1. Tick which form of bullying you think this scenario is showing.
- social verbal physical online

2. Give a reason for your answer above.

3. Do you think the girl being bullied reacts to the bullying in a positive way? Why?

4. What reaction from the girl might make the situation worse?

5. If you witnessed this situation at school, what could you **say** or **do** to make things better?

Say ...	Do ...

Something To Think About

If you wouldn't write it and sign it, should you say it?