

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 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 your login code 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 ([www.online-classroom.com.au/bullyingisnotok](http://www.online-classroom.com.au/bullyingisnotok)) and write the login details (see page 8) up on the board for the students to see and use.

### TIP



Use this digital package as part of your Health lessons.

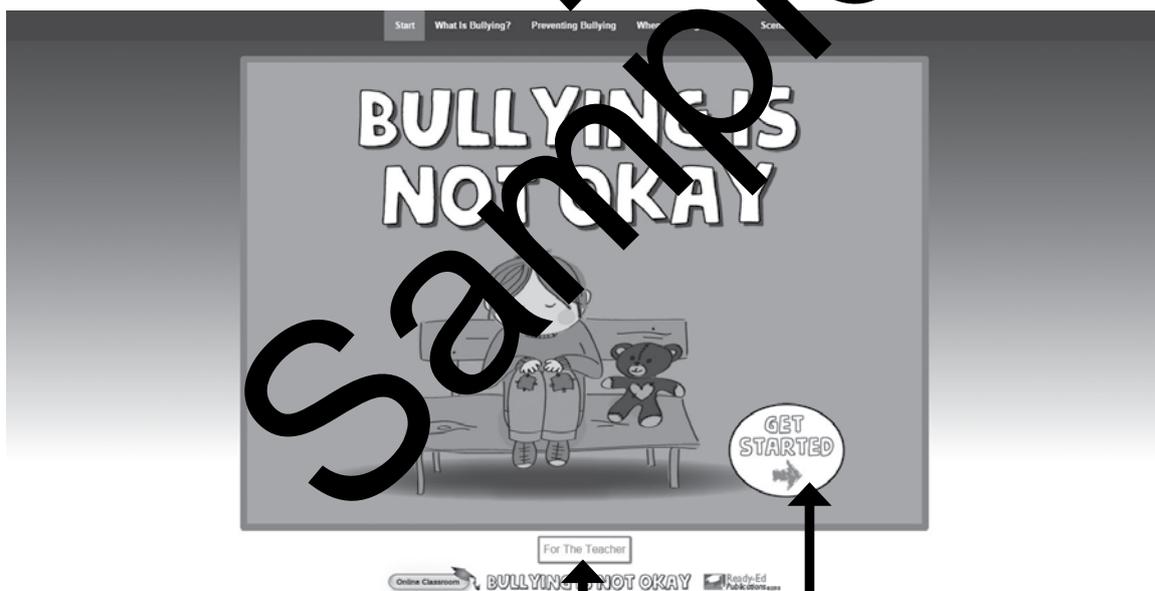
## TOP NAVIGATION BAR

### HOME

Once you have logged in, you will land on the HOME page. You can return to this page at any time 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?



■ Above: Screenshot of Online Classroom: Bullying is Not Okay Section 1 Page 2

### Notes On Section 1 Page 2

Page 2 of Section 1 displays a video 4:42 minutes in length. It includes several school children candidly sharing their thoughts about bullying. The children are asked what they think of bullying; to give an example of bullying and why they think bullies bully. The video is designed to generate discussion from your class about bullying.

When watching the video your students will think about their own ideas and experiences of bullying and decide whether they agree or disagree with the children being interviewed.

You might ask the class whether one particular part of the video stands out to them.

The video is a great way to gauge what your students already know and think about bullying, before you explore the topic further together.



# WHAT IS BULLYING? 2

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

1. Label the pictures using the words below.

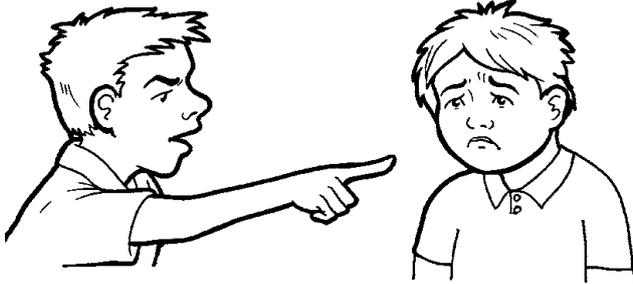
**VERBAL BULLYING**

**SOCIAL BULLYING**

**PHYSICAL BULLYING**

**CYBERBULLYING**

**A**



This is: \_\_\_\_\_

**B**



This is: \_\_\_\_\_

**C**



This is: \_\_\_\_\_



This is: \_\_\_\_\_

2. Draw lines to complete the sentences.

Covert bullying is ...

done in front of a crowd.

Overt bullying is ...

done behind the teacher's back.

## Section 2: Preventing Bullying

### Zero Bullies

Bullies are unhappy people. There are things we can do to prevent kids from becoming bullies. One way is to make sure that everyone knows that bullying is not okay and is wrong.



Click on the pictures below to discuss more ways to help stop you or other kids turning into bullies.



Back

Next

1 2 3 4 5

■ Above: Screenshot of Online Classroom: Bullying Is Not Okay Section 2 Page 3

### Notes On Section 2 Page 3

This page will generate discussion about bullies and how they like themselves very much. It presents ways to stop kids from becoming bullies. There are four interactive pictures which enlarge when clicked on. Discuss each clickable picture with the students in the class. Some suggested discussion points are below.

#### Picture 1: Be Kind To One Another:

People who are kind to others and consider how others are feeling are less likely to bully than students who have no consideration for how others feel. Studies show that the more time we invest in developing children's empathy, the less likely they are to engage in bullying. In class, talk about treating others with kindness. Ways we can do this are:

- including others, especially if a student is on their own;
- ask if someone is okay, especially if they seem to be feeling sad.

#### Picture 2: Believe In Yourself:

Children in your class who bully others, do it because they are unhappy inside. These children often have low self-esteem

Encourage all students to see the best in themselves and help develop a positive sense of self in your classroom.

#### Picture 3: Talk To Someone:

Children who feel lonely, jealous, rejected or confused can resort to bullying. If your students are feeling any of these emotions, encourage them to try to work through their emotions by talking to someone. Let them know who is available to help them – maybe they can talk to you, the school chaplain or councillor, a sports coach, a parent or a relative. They can also call the Australian Kids' Helpline on 1800 55 1800 to talk to someone, for any reason at any time.

#### Picture 4: Hang Out With Good Friends:

Students who bully either have no friends or are not friends with supportive people. Encourage positive friendship groups in the class and separate children who do not 'mix' well together. Encourage everyone to be part of a happy and healthy friendship group. Discuss what makes good friends.

# PREVENTING BULLYING 1

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

*To prevent bullying, we can help bullies. Bullies are usually unhappy people who might be feeling frustrated, jealous or scared. They need help feeling better about themselves.*

**1. Pair up! Read the stories and jot down how you think the BULLIES are feeling.**

**Story 1:**  
Evan is new to the school and is having trouble making friends. He has started bullying two boys in the year below him. He tells them that they must follow him around at lunchtime and do as he says. The two boys are too scared to disobey Evan.  
Evan is bullying because he feels \_\_\_\_\_

**Story 2:**  
Miranda has noticed that Sophie has all the best gear. She has shiny new glitter pens; the best branded running shoes and the latest sports rucksack. Miranda begins to steal Sophie's glitter pens when she is not looking and ditch them in the school bins. She has also begun to draw on Sophie's rucksack with black permanent marker pen. Every time Sophie turns her back, Miranda thinks about what she can take or destroy that belongs to Sophie.  
Miranda is bullying because she feels \_\_\_\_\_

**Story 3:**  
Sam's parents both work full time and Sam spends a lot of time on his own playing video games. The video games that he plays are violent and contain a lot of fighting. Sometimes Sam asks his parents if they can all go out to dinner together, but Sam's parents say they do not have time. Sam has started to bully a few students at school. He has been tipping their water out of their water bottles and throwing their homework folders in the school toilets.  
Sam is bullying because he feels \_\_\_\_\_

**2. Brainstorm!**

Who could bullies talk to inside or outside of school to work through their emotions? Write down some ideas here:

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## Section 3: When Bullying Happens



■ Above: Screenshot of Online Classroom: Bullying is Not Okay Section 3 Page 2

### Notes On Section 3 Page 2

The video on this page is 3:11 minutes in length. It includes several school children candidly sharing their thoughts. The children are asked how they might **feel** if they were being bullied; and what they might **do** if they were being bullied.

This video will generate some insightful discussion from your class and help you to understand whether students currently have any strategies to deal with bullying if it happens to them.

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.

“Knowing  
what’s right  
doesn’t mean  
much unless  
you do what’s  
right.”

Theodore  
Roosevelt.

# WHEN BULLYING HAPPENS 2

Complete this activity sheet after viewing Section 3: When Bullying Happens.

*Experts believe that students who witness bullying hold the key to stopping it.*

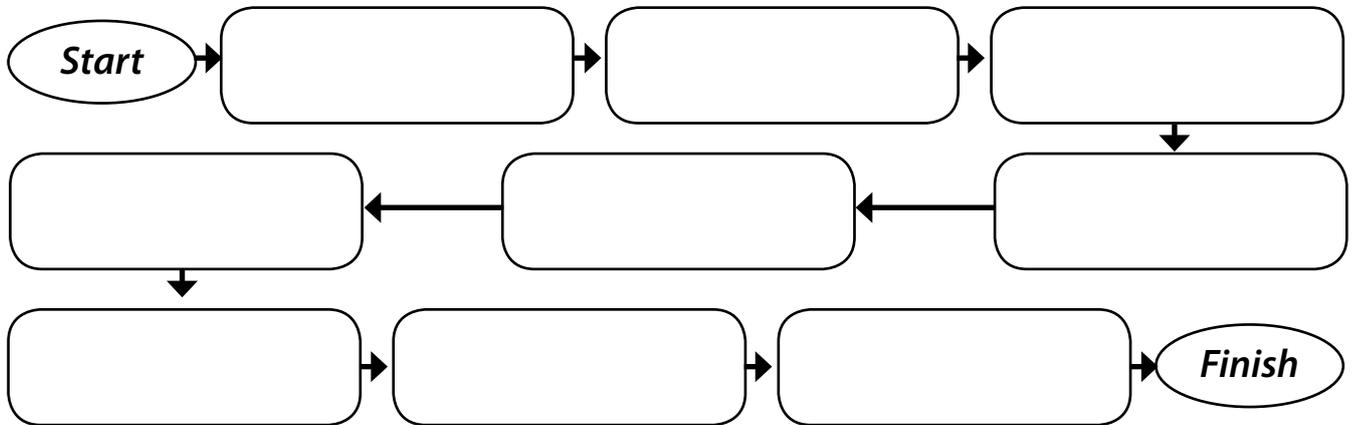
1. Complete the T-Chart to show the difference between a bystander and an upstander. Which one are you?

Bystander	Upstander

Sample

**Did You Know?**  
Intervening as a group to show there are several people who don't agree with the bullying can have an even better outcome.

2. Imagine that you have been bullying someone online at school. You don't feel good about it and want to stop. Complete the flow-chart with steps that you are going to take to help you change.

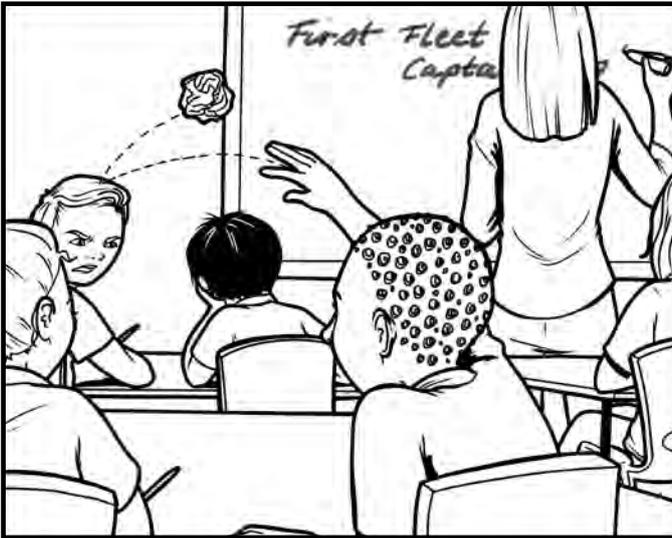


**Did You Know?**  
People who are bullied at school often grow up to be bullies as adults. It is important to work together to break the bully cycle.

## Scenario 5: Jaydon The Copy Cat Bully

Complete this activity sheet after viewing Section 4: Scenarios.

1. Look at the picture, read the quotation, then circle the correct answer.



“Some bullies learn very quickly to be very subtle and devious and to do it behind the back of the teacher and adults, in particular.”

Dr Kevin Runions, Honorary Research Fellow, Director of Beyond Bullying (Australia)

Circle: The bullying being done is: overt / covert.

2. Draw an appropriate response from the victim. You can use speech and/or thought bubbles.

Sample

### Pair Work

With a friend, read the quotation. What do you think it means? Jot down your thoughts in the space below.

**“Bullies are not born into this world. Bullies are raised.”**

Katie Hurley, Physician.

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