Workshop 1: What is Bullying?

Trainer's notes

Learning Intentions

- To begin to explore with staff what bullying looks like in your particular school.
- To become familiar with a shared definition of bullying.

Time needed	40 minutes	**Audience**	teachers, teacher aides, school staff
Resources	Post-it notes or poster paper Maker pens PowerPoint Slides 4-7 Defining Bullying Handout		

Workshop

1. Introduce the session and explain that the activities and materials are based on the Bullying Prevention and Response a Guide for Schools.

   This workshop is designed to give staff a chance to explore the topic of Bullying and the Bullying Prevention and Response Guide and is the first in a series of workshops which help unpack the guide.

2. *Activity 1: Discussion based. 10 minutes.*

   Display Power Point Slide – Number 4 'What is Bullying'

   Complete the group activity as outlined on slide number 4.

   Ask participants to record their responses on post-it notes or a poster and collect these together and display these in the room.

   > **Trainer Note:** Organise participants into groups for small group discussion. The number in each group will depend on the number of participants but ideally between 2 – 5 in each group.

3. Show Powerpoint Slide 5 and 6 and handout 'Defining Bullying' from the Preventing Bullying Guide.

   When defining bullying behaviours the evidence suggests that each of these 4 elements need to be in place in order for it be seen as a bullying behaviour rather than a one off aggressive, violent, accidental etc behaviour.

   This is not always easy to identify but as a starting point this definition could be discussed and shared with all staff and the wider school community.

Activity: 15 minutes

Allow time for staff to read the handout from the guide.

Ask the groups to now look back at the statements they made in Activity 1. Do these fit with this definition of bullying?

Which statements did not fit the definition? How might these be defined and recorded if they are not bullying?

Could this definition of bullying be useful in your school?

How might you share this definition with students and whānau?

4. Show Powerpoint Slide 7, 'Types of Bullying'

This slide is to highlight the complexity of bullying behaviours and the range of behaviours that could present as bullying. Point out to participants that bullying behaviours can be physical or verbal or social (relational) and that these can take place both in the physical environment and the digital environment.

Bullying can also be overt or covert and this has implications for how adults identify these behaviours as sometime bullying behaviours will not be visible to adults.

Activity: Discussion based. 10 Minutes.

Use the 'Types of bullying' axis graph to discuss what these different types of bullying might look like in your school?

As a school consider the following:

- How to you currently identify these behaviours?
- How to you currently record these behaviour?
- How do you react to these behaviours?
- How do you teach alternatives to these behaviours?

Trainer Note: The final discussion topic can be explored in more detail in the remaining workshops in this series.