

BULLYING-FREE NZ WEEK 17-21 MAY 2021



TEACHER  
ACTIVITY  
PACK 2021

bullying**free**nz



[www.bullyingfree.nz](http://www.bullyingfree.nz)

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## Who we are

Bullying-Free NZ Week is coordinated by the Bullying Prevention Advisory Group (BPAG). BPAG is an interagency group of 15 organisations, with representatives from the education, health, justice and social sectors, as well as internet safety and human rights advocacy groups. BPAG members share the strongly held view that bullying behaviour of any kind is unacceptable and are committed to ensuring combined action is taken to reduce bullying in New Zealand schools.

Find out more at [www.bullyingfree.nz/about-bullying-free-nz/bpag-who-are-we](http://www.bullyingfree.nz/about-bullying-free-nz/bpag-who-are-we)

# Nau Mai, Haere Mai | Welcome

Bullying-Free New Zealand Week starts Monday 17 May 2021 and ends with the Mental Health Foundation's Pink Shirt Day on Friday 21 May.

This year our theme is:

## He Kōtuinga mahi iti, he hua pai-ā-rau Small ripples create big waves

Any action can have an impact, and the small actions we take to prevent bullying will together create a wave of change.

### The Challenges and Opportunities of COVID-19

It's been a challenging year with COVID-19 impacting on our school communities and on wellbeing. Bullying-Free New Zealand Week didn't run in 2020 due to Covid, but now we're back! In 2021, you could use the spotlight that COVID-19 has shone on wellbeing, to make positive changes in your school community.

### Creating safe, inclusive environments

Putting wellbeing first by building safe, caring and inclusive environments is central to preventing bullying. When the whole school community, students, staff and whānau work together to address bullying, positive, ongoing change happens.

Akonga have a key role to play in leading change and effectively addressing bullying. That's why the focus of Bullying-Free NZ Week is on empowering learners to take the lead and be part of the solution. Along with encouraging students to use the student action packs available on [bullyingfree.nz](https://bullyingfree.nz), as a teacher you might like to run some of the 'ready to go' activities in this pack.

Bullying isn't something that can be resolved in a week. Everyone in the school community need to work on it throughout the year to be effective.

Now is the time to **take the lead**, **spread the word**, and **make a change**.



**TAKE  
THE LEAD**



**SPREAD  
THE WORD**



**MAKE A  
CHANGE**

# Bullying Free NZ Week Competition

## Get involved in our 2021 competition!

This year in line with our theme **He kōtuinga mahi iti, he hua pai-ā-rau: Small ripples create big waves**, the Competition has been designed to encourage student-led actions.

It's a chance for ākonga to work together to figure out what they can do to help, come up with new ideas and share their innovations. Groups can win Prezzy cards up to \$2000 (with a maximum of \$150 per individual).



Ākonga can choose one or more of the focus areas developed by Sticks 'n Stones – **take the lead**, **spread the word**, and **make a change**. Inquiry questions are also provided to help them develop their competition entries.



See the competition guidelines for details

Entering the competition is free and the closing date for entries is **Friday, 25th June 2021**.  
 To find out more, download the Bullying-Free NZ Competition Guide:  
[www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021](http://www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021)

For example:

### SPREAD THE WORD

How are you speaking up or speaking out?  
 How are you working together to promote school values, support wellbeing and reduce bullying?



### TAKE THE LEAD

How are you working with others to put great ideas into action in your class, school or community?



### MAKE A CHANGE

How are your actions making positive changes within your class, school, or community?



# Activities for Bullying-Free NZ Week

School events and whole-school activities can help to raise awareness and get people talking about how to prevent and deal with bullying.

To keep things simple, this year we've curated a small number of activities for this pack to help you open up discussions with ākongā and prompt thinking and reflection around bullying and the ways people can work together to address it.

These can be used with multiple age and class levels and we encourage you to pick, choose and adapt them as you need, to ensure they will work for you and your students.

More ideas for activities can be found using the links below.

## Activities for primary and intermediate students

[www.bullyingfree.nz/schools/activities-and-events/primary-and-intermediate-students](http://www.bullyingfree.nz/schools/activities-and-events/primary-and-intermediate-students)

## Activities for intermediate and senior students

[www.bullyingfree.nz/schools/activities-and-events/intermediate-and-senior-students](http://www.bullyingfree.nz/schools/activities-and-events/intermediate-and-senior-students)

While the activities have been compiled especially for schools to use during Bullying-Free NZ Week, they can be used at any time of the year.

We look forward to hearing what you choose to do. Post pictures and comments on social media about how ākongā are taking the lead, and tag @EducationGovtNZ.

- » #BullyingFreeNZ
- » #PinkShirtDayNZ for Pink Shirt Day celebrations.



## The New Zealand Curriculum | Te Marautanga o Aotearoa

For maximum impact, bullying prevention approaches should align with good teaching practice and the New Zealand Curriculum | Te Marautanga o Aotearoa – for example, as part of teaching the key competencies:

**Managing self** – self-motivation, a can-do attitude and students seeing themselves as capable learners.

**Relating to others** – this competency is about interacting effectively with a diverse range of people in varying contexts.

**Participating and contributing** – being actively involved in communities.



See [www.pinkshirtday.org.nz](http://www.pinkshirtday.org.nz)

## Whiria te tangata ka puta he oranga | Weaving people promotes wellbeing



# JOIN THE MOVEMENT!

## CELEBRATE PINK SHIRT DAY ON FRIDAY 21 MAY 2021

**KŌRERO MAI, KŌRERO ATU, MAURI TŪ, MAURI ORA • SPEAK UP, STAND TOGETHER, STOP BULLYING!**

Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting kindness and inclusiveness.

It's about creating an Aotearoa where all people feel safe, valued and respected, regardless of gender identity, sexual orientation, ability, or cultural background.

Our rangatahi deserve to learn in a place where they're not afraid to be themselves. Together, we can create schools and communities that celebrate our differences and practise kindness and acceptance every day.

**Will your school be one of the thousands across the country to transform into a sea of pink on Friday 21 May?**

We've got plenty of resources to help you celebrate Pink Shirt Day – you can order or download our teacher and student toolkits, event packs, posters and more on our [website](http://www.pinkshirtday.org.nz). Register your kura or school for Pink Shirt Day 2021 at [pinkshirtday.org.nz/register](http://pinkshirtday.org.nz/register) today!

**JOIN THE MOVEMENT!  
TO GET YOUR SCHOOL INVOLVED, VISIT  
[WWW.PINKSHIRTDAY.ORG.NZ/REGISTER](http://WWW.PINKSHIRTDAY.ORG.NZ/REGISTER)**



# Activity page links

## Primary



[www.bullyingfree.nz/research-and-resources-a-z/resource/manaaki](http://www.bullyingfree.nz/research-and-resources-a-z/resource/manaaki)



[www.bullyingfree.nz/research-and-resources-a-z/resource/web-of-compliments](http://www.bullyingfree.nz/research-and-resources-a-z/resource/web-of-compliments)

## Senior



[www.bullyingfree.nz/research-and-resources-a-z/resource/bystanders-count](http://www.bullyingfree.nz/research-and-resources-a-z/resource/bystanders-count)



[www.bullyingfree.nz/research-and-resources-a-z/resource/who-are-you](http://www.bullyingfree.nz/research-and-resources-a-z/resource/who-are-you)

## Mixed Age



[www.bullyingfree.nz/research-and-resources-a-z/resource/kindness-matters](http://www.bullyingfree.nz/research-and-resources-a-z/resource/kindness-matters)

**“ Kindness costs nothing but means everything. ”**

# Bullying-Free NZ Resources and Links

**Tackling bullying:** A guide for Boards of Trustees will help Board Members provide leadership and direction, build on good practice and identify actions for their school.

[www.bullyingfree.nz/schools/a-guide-for-board-of-trustees](http://www.bullyingfree.nz/schools/a-guide-for-board-of-trustees)



**Student voice:** a guide sets out the importance of student voice in finding solutions to bullying, and promotes good practice in student participation.

[www.bullyingfree.nz/schools/student-voice/student-voice-a-guide-for-schools](http://www.bullyingfree.nz/schools/student-voice/student-voice-a-guide-for-schools)



The Wellbeing@School student survey is free of charge to schools.

Sign up for the free Wellbeing@School student survey and find out more about the toolkit on NZCER's website.

Survey registration: [wellbeingatschool.org.nz/registration](http://wellbeingatschool.org.nz/registration)

Tool kit: [wellbeingatschool.org.nz/about-ws-tools](http://wellbeingatschool.org.nz/about-ws-tools)



The roadmap is a simple tool that guides schools through steps to tackle bullying and incorporate the nine elements of the Bullying-Free NZ Framework into their bullying prevention policies and initiatives.

Roadmap: [www.bullyingfree.nz/preventing-bullying/planning-to-prevent-bullying-within-a-whole-school-approach/#a\\_roadmap](http://www.bullyingfree.nz/preventing-bullying/planning-to-prevent-bullying-within-a-whole-school-approach/#a_roadmap)

Nine elements: [www.bullyingfree.nz/preventing-bullying/the-nine-elements-of-an-effective-whole-school-approach-to-preventing-and-responding-to-bullying/](http://www.bullyingfree.nz/preventing-bullying/the-nine-elements-of-an-effective-whole-school-approach-to-preventing-and-responding-to-bullying/)



A set of four A3 posters for primary and intermediate schools to display in their classrooms.

These explain what bullying is and give tips on what to do if students are being bullied or see bullying happen.

Posters: [www.bullyingfree.nz/schools/activities-and-events/primary-and-intermediate-students/](http://www.bullyingfree.nz/schools/activities-and-events/primary-and-intermediate-students/)

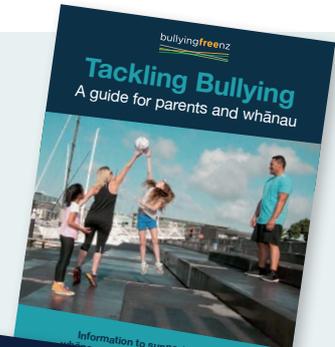


# Resources and Links

**Tackling bullying: A guide for parents and whānau** is designed to help them and schools to work together.

It includes information about bullying and what parents and whānau can do to support their children.

[www.bullyingfree.nz/parents-and-whanau/tackling-bullying-a-guide-for-parents-and-whanau](http://www.bullyingfree.nz/parents-and-whanau/tackling-bullying-a-guide-for-parents-and-whanau)



A set of ten free professional learning and development workshops for school staff, with handouts and trainer notes.

[www.bullyingfree.nz/schools/professional-learning-and-development](http://www.bullyingfree.nz/schools/professional-learning-and-development)



The website includes evidence informed information about bullying.

[www.bullyingfree.nz/about-bullying](http://www.bullyingfree.nz/about-bullying)

There's also the Bullying assessment matrix, an online tool to help assess the severity, impact and frequency of a bullying incident.

[www.bullyingfree.nz/bullying-assessment-matrix](http://www.bullyingfree.nz/bullying-assessment-matrix)



There are ideas for classroom activities and school events – a good way to get students learning and talking about bullying prevention.

[www.bullyingfree.nz/schools/activities-and-events](http://www.bullyingfree.nz/schools/activities-and-events)



There are also a large number of video resources to share

[www.bullyingfree.nz/students/videos](http://www.bullyingfree.nz/students/videos)

**Be Heard: A media guide for schools** provides information on contacting media about bullying prevention activities and wider wellbeing initiatives at your school or kura.

[www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021](http://www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021)



# Student Action Packs Links

**Bullying-prevention approaches are more effective with student involvement. Empower students to be part of the solution.**

We've worked with Sticks 'n Stones, a bullying-prevention organisation, to produce action packs for primary school and high school students. These packs were created by students, for students.

Each pack has ideas and activities on how to help prevent bullying.

## Primary School Action Pack

Inside you'll find ideas and activities that have been tested by students across New Zealand.

[www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021](http://www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021)

## High School Action Pack

Find out how to take the lead to prevent bullying, spread the word, and make a change. You'll find ideas and activities that have been tested by students across

New Zealand high schools.

[www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021](http://www.bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2021)



**“ If everybody says something, we can change everything. ”**



**He Kōtuinga mahi iti,  
he hua pai-ā-rau**  
Small ripples create big waves

bullying**freenz**

