



UPSTANDERS
Anti-bullying

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ANTI-BULLYING

ABOUT

This can be a term based program or a year long program focused on upskilling school leaders to become upstanders within the school.

Session one Understanding anti-bullying facts and stats

Session two Understanding the Upstander Role. Bully, victim, bystander

Session three Establishing safety boundaries and understanding upstander limitations.

Session four Understanding the essence of a bully-free school.

Exploring how to build a school where people feel like they belong. When people feel like they belong, they are likely to upstage together.

Session five Upstander response - iCARE approach

Session six C – I am concerned...

Recognising the signs that should concern you or alert you to your upstander role.

Session seven A – Ask and know, never Assume

Questions you need to ask as checkin questions around peoples safety

Session eight R – really listen – the most important skills of all

Know what to listen out for as an upstander and learn reflective listening skills.

Session nine E – Encourage them to get help

Know how to encourage people to get help and know who and where to go next

Session ten Self-care / summary / celebration.

Celebration Time

COST: \$2250+

LENGTH 10+ HOURS OVER + WEEKS