

BULLYING-FREE NZ WEEK 16-20 MAY 2022

# TEACHER ACTIVITY PACK 2022



He  
Kōtuinga

mahi iti,

he hua  
pai-ā-rau

Small ripples  
create big waves



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

bullying**free**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 17 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 16 May 2022 and ends with the Mental Health Foundation's Pink Shirt Day on Friday 20 May.

This year we're sticking with the theme:

## 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 another challenging year with COVID-19 continuing to impact on our school communities and on our wellbeing. In 2022 it's more important than ever to keep the spotlight on working together to help look after our wellbeing.

### 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.

We can all get involved in making changes, Ākonga, school staff, whānau and community members can all lead and support others to help address bullying. That's why the focus of Bullying-Free NZ Week this year is on recognising and celebrating both the "small ripples" and the "big waves" already happening in school communities across Aotearoa.

To help get things started you can encourage students to use the student action packs available on [bullyingfree.nz](https://www.bullyingfree.nz). You might also like to run some of the ready-to-go activities linked to in this pack (see page 9).

We all know bullying isn't something that can be resolved in a week. It's something to work on throughout the year and every small action counts.

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



**TAKE  
THE LEAD**



**SPREAD  
THE WORD**



**MAKE A  
CHANGE**

.....  
**Small ripples create big waves!**

# Nominate a **Local Legend** and share their mahi

## Get involved in 2022

This year we want to shine a light on the great things people are doing, be it “**small ripples**” or “**big waves**”, that help make your school a safe and caring place where everyone feels they belong.

Maybe they’re a teacher or teacher’s aide, maybe they’re whānau or a community member, a student, a receptionist, groundsperson or school leader.

Whoever they are, this is your chance to celebrate and share their mahi with others.

With permission we would like to share stories of **Local Legends** through channels like the Education Gazette, the Bullying-Free NZ Website, or on social media.

**Nominating a Local Legend is free and anyone can do this anytime leading up to and during BFNZ Week.**

Use this QR code to nominate your Local Legend.

Nominate your

**LOCAL  
LEGENDS**  
BIG OR SMALL



When nominating your Local Legend you might want to consider how they:

## SPREAD THE WORD

How are they speaking up or speaking out?  
How do they promote school values, highlight the importance of including everyone, champion wellbeing or challenge bullying when they see it?



## TAKE THE LEAD

How do they bring school values to life? How do they lead by example to put wellbeing first?  
e.g. in class, school grounds, sports fields, cultural events, arts/music, support groups



## MAKE A CHANGE

How are their actions helping to make your class, school or community a great place to be for everyone?





# 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.

The Bullying-Free NZ Website contains ideas for events and classroom activities to help you prompt thinking and reflection with ākonga, around bullying and the ways people can work together to address it.

BFNZ activities 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.

Whether it's a whole school event, a classroom activity or a local legend, you can help spread the word by sharing what you've been up to.

Post pictures and comments on social media and tag [@EducationGovtNZ](#), [#BullyingFreeNZ](#).

You can also email us at:

[bullying.prevention@education.govt.nz](mailto:bullying.prevention@education.govt.nz)

Either way, we look forward to hearing all about it.



## 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.



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

# Activity page links

## Classroom activities for primary and intermediate students

<https://bullyingfree.nz/schools/activities-and-events/primary-and-intermediate-students/>

## Oat the Goat

<https://bullyingfree.nz/schools/activities-and-events/oat-the-goat/>

## Classroom activities for intermediate/senior students

<https://bullyingfree.nz/schools/activities-and-events/intermediate-and-senior-students/>

## Classroom activities for all students

<https://bullyingfree.nz/schools/activities-and-events/all-students/>

## Pink Shirt Day Activity Books

<https://www.pinkshirtday.org.nz/schools/>

## School Events

<https://bullyingfree.nz/schools/activities-and-events/schoolevents/>

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



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

# 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.

<https://bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2022>

## 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.

<https://bullyingfree.nz/bullying-free-new-zealand-week/bullying-free-nz-week-2022>



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





# JOIN THE MOVEMENT

## CELEBRATE PINK SHIRT DAY ON FRIDAY 20 MAY 2022

**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.

By wearing a pink t-shirt on Friday 20 May, you're showing you're committed to creating a kinder, more inclusive Aotearoa where everyone feels safe, valued, and respected regardless of gender identity, sexual orientation, ability, religion 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 20 MAY?**

We've got plenty of resources to help you celebrate Pink Shirt Day – find our kaiako/ teacher and rangatahi toolkits, event packs, posters and more on our [website](http://website) now. Register your kura or school for Pink Shirt Day 2022 at [pinkshirtday.org.nz/register](http://pinkshirtday.org.nz/register) today!

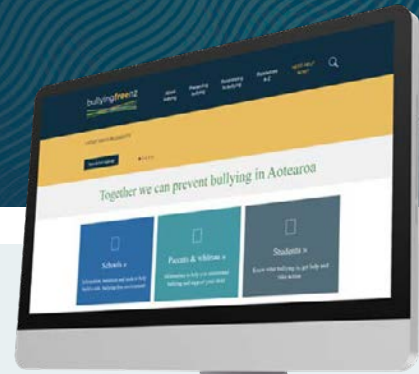


 **Mental Health Foundation**  
mauri tū, mauri ora OF NEW ZEALAND



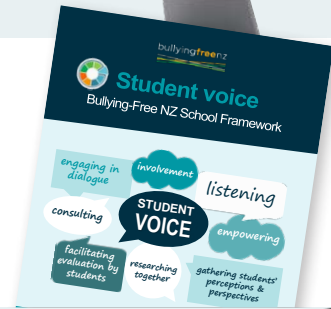
# Bullying-Free NZ Resources and links

The BFNZ website includes evidence informed information about bullying for schools, parent and whanau and students  
[www.bullyingfree.nz](http://www.bullyingfree.nz)



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)

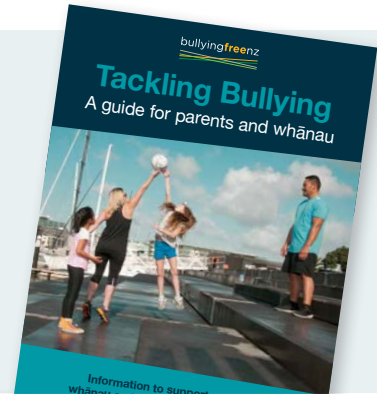


# Resources and links continued

**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)



If your school is considering adopting a bullying prevention programme, check out our guide for helping to make sense of and choose programmes, interventions, or approaches that are a good fit for your school community

[www.bullyingfree.nz/preventing-bullying/how-to-select-a-bullying-prevention-programme](http://www.bullyingfree.nz/preventing-bullying/how-to-select-a-bullying-prevention-programme)



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)



# Resources for Supporting Rainbow Learners

An excellent suite of print and digital resources developed by InsideOUT to help educators support rainbow learners.

[www.insideout.org.nz/resources](http://www.insideout.org.nz/resources)



# All you need to know about Cyberbullying

Digital technology is now a central part of all our daily lives so cyberbullying is more prevalent than ever. Netsafe offers support, advice and resources on how to prevent and act in situations involving cyberbullying.

Netsafe:

[www.netsafe.org.nz/bullying-abuse-support](http://www.netsafe.org.nz/bullying-abuse-support)







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he hua pai-ā-rau**  
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bullying**freenz**  
