

Year 7, 8

# NO LABELS

Educates young people on the impacts of bullying behaviour on everyone involved and shares strategies for managing these and improving personal well-being.



60 min



MIEACT's No Labels program explores bullying from a person-centred approach with a focus on the effects of bullying behaviour on individuals and their well-being. Students are given the opportunity to discuss various types of bullying in their environment and are introduced to strategies to manage their wellbeing. This is an interactive session delivered by a qualified educator with educational content and wellbeing strategies that are evidence-informed.

**By the end of the session participants will:**

- understand the different forms that bullying can take;
- understand the three common roles in bullying incidents (the one experiencing, the one displaying and the one witnessing bullying);
- understand the impacts of bullying on each the three players;
- identify strategies for managing the impacts of bullying behaviour;
- identify strategies for improving their own mental health and wellbeing;
- know how to appropriately respond to uncomfortable situations.

## FREE TO ACT SCHOOLS

"I probably should re-evaluate how I interact with people. And I should check in with people, just to see about the casual teasing and whether it is OK with them or not..."

- Program participant

## Australian Curriculum Links

Year 7, 8

- ACPPS071
- ACPPS072
- ACPPS074
- ACPPS075