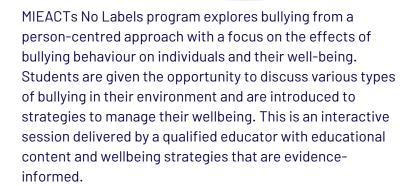


## NO LABELS

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





## 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
- identify strategies for managing the impacts of bullying
- 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







