



Taking a behavioural approach to bullying prevention

# NO Labels bullying prevention



No Labels takes a three-pronged approach identifying the drivers of bullying behaviour and empowers participants, observers and those experiencing bullying behaviours to manage, support and practice positive help-seeking.

This is an interactive session delivered by a qualified facilitator including evidence-based educational content on bullying behaviours and strategies for managing these behaviours. Digital tools are used in this program.

#### Australian Curriculum Links:

[Years 7,8 - \(ACPPS071\) & \(ACPPS072\) & \(ACPPS074\)](#)

[Years 9,10 - \(ACPPS090\) & \(ACPPS091\) & \(ACPPS093\)](#)

FREE to ACT schools thanks to Commonwealth Bank, The Funding Network and Hands Across Canberra.

# mieact

mental health & well-being  
education & training providers

## By the end of the session you will:

Understand the prevalence of bullying

Understand the types of bullying behaviour

Have increased understanding of what drives bullying behaviour

Develop strategies to cope with bullying behaviour directed at you

Develop bystander intervention strategies

Have increased awareness of bullying traits

*"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..."*

**-Student, Year 9**

For more information visit [www.mieact.org.au](http://www.mieact.org.au)