Newsletter content

Your newsletter and social media accounts are some of the most effective ways to engage schools and your community and share your bullying prevention message.

The following articles can be adapted to be used by either Schools or Supporters.

#### Article 1

Proudly supporting Bullying No Way: National Week of Action

This year <<insert school/supporter’s name>> will be participating in the Bullying No Way: National week of action, 11 to 15 August 2025.

Bullying No Way Week is a commitment being made by thousands of schools and supporters across the country. It provides an opportunity to demonstrate our commitment to bullying prevention. It gives us an opportunity to connect with students, staff and school communities to implement workable solutions to prevent bullying.

The theme for this year's campaign is Be Bold. Be Kind. Speak Up.

It takes a community to be brave and address bullying behaviours, within and beyond the school gate.

Students can be bold, kind and speak up to support others being bullied. While trusted adults are there to support children and young people learn how to be kind to each other and report bullying.

This Bullying No Way Week, we’re asking you to be bold and say something, be kind and support someone and be proud to speak up against bullying.

For more information about Bullying No Way Week and bullying prevention, visit the Bullying No Way website.

#### The following content has been developed for schools

During the week we will be engaging students in meaningful discussions and activities aimed at promoting empathy, understanding and respect for diversity. We encourage families to take this opportunity to have open and honest conversations with your child about the impact of bullying and what they can do if they need support.

You can visit the Bullying No Way website for tips around how to have this discussion.

You can access the school’s bullying prevention policy <<insert link to your policy/procedure>> to learn more about our process for preventing and responding to bullying.

If you have concerns that your child is being bullied, please contact <<staff member/s position>> in the first instance. If you believe the behaviour constitutes a crime, or is a serious incident of cyberbullying, please refer to the Bullying No Way website for information on how to report to other authorities and access wellbeing help.

#### Article 2

Bullying – important conversations to have with your child.

<<insert school/supporter name>> is proud to participate in the Bullying No Way: National week of action – 11 to 15 August 2025.

By working collaboratively within our community, we can collectively help reduce bullying.

Families play an important role in helping children understand bullying and know how to respond to it.

If your child tells you about things at school, or you observe something in public that involves conflict or bullying, take the opportunity to talk about what bullying is. You can learn more about what defines bullying at bullyingnoway.gov.au.

Questions you could ask:

* What do you think bullying is?
* Have you seen it? How did you feel?
* Have you ever felt scared at school because of bullying?
* As well as me, who are the other adults you would talk to when it comes to things like bullying?
* Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?
* Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

Remind your child that bullying is never okay and discuss how they can respond safely if they experience or witness it.

Encourage them to seek help from a trusted adult and keep seeking support if needed.

By promoting open communication, we empower children to stand up against bullying and create a safer environment where everyone can feel that they belong.

For more information visit bullyingnoway.gov.au.