

I AM A PERSON
WHO WILL



DISCUSS

SPEAK UP
AT SCHOOL

SPEAK UP

STAND WITH

GET HELP

GET HELP

STAND WITH

SPEAK UP

DISCUSS

TAKE
ACTION
AGAINST BULLYING
AND VIOLENCE

THIS RESOURCE HAS BEEN PRODUCED IN ASSOCIATION WITH



ACT SAIS Initiative is supported by funding from the ACT Government

saisact.info

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AT SCHOOL

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ACT Council of Parents
& Citizens Associations
The parent voice on public education



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TAKE
ACTION
AGAINST BULLYING
AND VIOLENCE



I AM A PERSON
WHO WILL

"WHAT KIND OF SCHOOL COMMUNITY DO WE WANT TO BE?"

"I HEARD WHAT YOU SAID AND IT IS NOT OK." OR "YOU NEED TO STOP THAT – IT'S MEAN."

"THANKS FOR SPEAKING UP, I AGREE!" OR "YOU'RE RIGHT, WE DON'T ACT LIKE THAT HERE."

"I'VE JUST HEARD SOMETHING AND I NEED SOME HELP DEALING WITH IT." **TO AN ADULT YOU TRUST**

TRY ASKING

TRY SAYING

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Being respectful to one another is everyone's responsibility and we all benefit from a school community that is welcoming and inclusive. Talk regularly about actions you can take to achieve this.

Speaking up when you see bullying or violence is a powerful and important action. Make sure you are safe.

If someone else is speaking up, lend your support and stand with them. Many voices speaking out can create greater change.

You don't have to deal with bullying and violence by yourself. There are adults in your school and wider community that can help you.

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