



### National Day Against Bullying – Friday 20 March

The National Day of Action against Bullying and Violence (NDA) will be held on Friday 20 March 2020.

The NDA 2020 marks the 10 year anniversary of Australia's key anti-bullying event for schools. The theme for 2020 is Take Action Together.

The NDA is a catalyst for Australian schools to take a stand together against bullying. The day brings together more than 60% of schools nationwide, involving more than two million students in finding workable solutions to address bullying and violence.

Manly Vale Public School is a registered NDA school and will be participating in activities to stand against bullying. Everyone has a role to play in saying Bullying. No Way! To show we are united in the stand against bullying every MVPS student will receive a colourful wrist band to wear for the remainder of Term 1.

Let's get ready to Take Action Together on Friday 20 March 2020.

Student Welfare Committee



#### If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.

**TAKE A STAND TOGETHER**

Take a Stand Together is a free app that has tips and advice about bullying.

Download on the App Store | GET IT ON Google Play

**Need help now?**

Kids Helpline [www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
1800 551 800

headspace [www.headspace.org.au](http://www.headspace.org.au)  
1800 650 890

Online bullying [www.esafety.gov.au](http://www.esafety.gov.au)

[www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)