

# Friendly Schools

Where Every Child...Every Day...Feels Safe.



Prevent bullying in your school!



Visit us on

[www.otb.ie/friendlyschoolsplus](http://www.otb.ie/friendlyschoolsplus)

- ▶ Cyber Bullying Prevention
- ▶ Empowering Bystanders
- ▶ Student Wellbeing
- ▶ Creating a Safe Environment
- ▶ Social and Emotional Learning
- ▶ Whole-School Approach

*"Friendly Schools is a multi-component, whole-school initiative involving the school community to build social skills, create supportive environments and significantly reduce bullying (both face to face and online) in school communities. It draws on 11 major research projects conducted over 15 years involving 27 000 Australian school students."*

*– Dr Donna Cross – Founder and Chief Researcher, Friendly Schools*



# What is Friendly Schools?



The Friendly Schools initiative engages schools in a whole-school participatory process to examine their current strategies and procedures and strategically build their school's capacity to address gaps using widely-tested strategies to prevent and respond to bullying (both face-to-face and online) in their whole-school community. It draws on thirteen major research projects conducted over 15 years involving 27,000 Australian school students.

Friendly Schools has been clearly linked to Australian national policy – the National Safe Schools Framework – and the Australian Curriculum.

## A Whole-school Approach

Throughout the extensive Friendly Schools research projects we consistently found that there needs to be a whole-school approach with the key areas including:

- Strong leadership/ethos/climate
- Consistent policy and practice
- Staff development and wellbeing
- Whole-school common understandings
- Explicit teaching of key understandings
- Approachable teachers/monitoring
- Mobilising bystanders
- Integration of SEL into teaching and learning
- Behavioural support for students who bully others
- Parent involvement/education
- Safe and friendly physical environment

Multi-component, whole-school initiatives involving all the school community are more likely to reduce bullying behaviour than single-component programs (Evidence for Practice, p. 44). The Friendly Schools whole-school process enables schools to implement current and robust evidence-based policy and practice to enhance social and emotional learning and reduce bullying among students in accordance with the needs of the school (Evidence for Practice, p. 1)

Friendly Schools helps schools to examine how they are currently developing social and emotional skills with students as well as whole-school strategies for bullying prevention, and then helps schools to identify gaps and strategically build their school's capacity to address these gaps using widely-tested strategies.

## Free Cyber-Bullying Prevention Strategies!

To further support staff in their role as an educator and facilitator of the Friendly Schools Plus resources, free access has been provided to the Cyber Strong section of the Friendly Schools Website, which can be found at:

<http://friendlyschools.com.au/cyberstrong>

# Why Friendly Schools?

## Healthy Students Learn Better

Michael Fullan, a leading expert on education change, states the three priorities for educational change should be numeracy, literacy and wellbeing (Evidence for Practice, p. 51). The Friendly Schools resources use a strengths-based approach that focuses on what creates positive health, rather than emphasising risk factors or causes of ill health (Evidence for Practice, p. 248).

Professor Donna Cross said.

“We know that covert bullying can have an extraordinary impact on the ability of students to learn effectively. The difficulty is that covert bullying, by its very nature, is difficult to detect.”

“Rather than seeking to punish the behaviour, our research has identified strategies to help schools to reduce the likelihood of it happening in the first place.”

## The Research is Conclusive!

*“The first anti-bullying strategy for schools to be based on extensive research with Australian children and adolescents”*

Friendly Schools is the first anti-bullying strategy for schools to be based on extensive research with Australian children and adolescents. It draws on 11 major research projects conducted over 15 years involving 27,000 Australian school students and is recognised nationally and internationally as a successful whole-school evidence-based bullying prevention program.

The Child Health Promotion Research Centre (CHPRC) in Edith Cowan University in Perth, Western Australia, conducts applied practical research to improve the physical, mental, emotional and social health and wellbeing of children, adolescents and their families (Evidence for Practice, p. 8). Through significant partnerships both nationally and internationally, CHPRC is recognised for its school and community-based research.

The Friendly Schools research, conducted by CHPRC, has focused on understanding student behaviour and seeking locally relevant and practical outcomes while informing policy and practices (Evidence for Practice, p. 9). Through these studies, CHPRC identifies ways to strengthen whole-school approaches to reduce all forms of bullying (including cyberbullying) and the prevention of early childhood aggression (Evidence for Practice, p. 9).

## Bystander Behaviour Matters

Most bullying takes place when bystanders are present, although most bystanders do not act to discourage it. When a bystander does act there is a good chance (around 50%) that the bullying will stop. Students who are 'defended' are better adjusted and report less peer victimisation one year later. Reconciliation is more likely when bystanders intervene than when teachers intervene. The majority of peer interventions are effective.

**Friendly Schools provides support for schools to address the following bystander outcomes:**

- Increased awareness and understanding of the role of a bystander to bullying including cyberbullying
- Increased awareness and understanding of the responsibility to protect other people's rights, in particular, the rights that bullying infringes upon
- Increased intention of bystanders in the target group to take positive, effective and safe action when they witness bullying
- Increased target group engagement in help-seeking behaviour



+353 (0)45 409322



info@otb.ie



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# Implementation

## STAGE 1: Getting Ready

### Evidence for Practice book and toolkits

Evidence for Practice is the foundational resource designed to support schools to build and maintain a whole-school approach to reduce and prevent bullying. A comprehensive summary of evidence-based practice is provided in each section of this book, which will assist schools to implement changes in the key areas of whole-school ethos, policy, social and physical climate, and links with families and the community to enhance social and emotional learning and reduce bullying.



## STAGE 2: Exploring Needs, Policies and Practices.

### Stage 1: Getting Ready 📄

How do we make sure we are ready for the initiative?

This stage supports schools to establish a core school team of key staff to coordinate the initiative and support the whole-school implementation. (School teams may decide to add more members of the whole-school community as they progress). School teams are provided with opportunities to raise their own understandings of the current evidence-based research around preventing and reducing bullying using the Friendly Schools Plus (FSP) resources and training supports

Step 1. Establish a coordinating team			
Team Tasks	Resources	Whose task?	When
<input type="checkbox"/> Key staff identified and approached to form an initial team to coordinate Friendly Schools Plus initiative. This team could be an established team i.e. Pastoral Care team or Wellbeing team, taking on the role.			
<input type="checkbox"/> School coordinating team established to introduce FSP initiative.			

Step 2. Learn more about the Friendly Schools Plus initiative			
Team Tasks	Resources	Whose task?	When
<input type="checkbox"/> Team to attend professional learning introducing the FSP initiative.	Friendly Schools Plus Leaders' training day		
<input type="checkbox"/> Team members read Introduction section of <i>E4P</i>	<i>E4P</i> Introduction		
<input type="checkbox"/> Team to raise their awareness about social and emotional learning and bullying reduction evidence.	<i>E4P</i> Section 1 – Evidence before action.		

Step 3. Assess readiness of your school			
Team Tasks	Resources	Whose task?	When
<input type="checkbox"/> Team members use the questions on the readiness assessment sheet to facilitate discussion about the current readiness of the school to begin the initiative at this time.	Section 3 – FSP Implementation toolkit C – School readiness assessment		
<input type="checkbox"/> Teams decide on the best time to begin implementation of FSP initiative based on the current readiness factors of the school.			

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### Team Progress Map

A team progress map has been designed to support school coordinating teams to use the Friendly Schools Plus Road Map, resources and toolkits to effectively implement the whole-school community initiative to enhance social and emotional learning and reduce and prevent bullying. The progress map also provides a tool for teams to assess their current position in the implementation process and to create a plan from there.

The progress map converts the road map's implementation process into step-by-step team tasks which are further developed by the team to define what is to be done, by whom and when this will be achieved. This tool allows all those involved to keep track of progress towards achieving those goals set by the team through the planning tool. Links to resources, toolkits and specific sections of this book lead team members to information and tools they may need in the planning process.



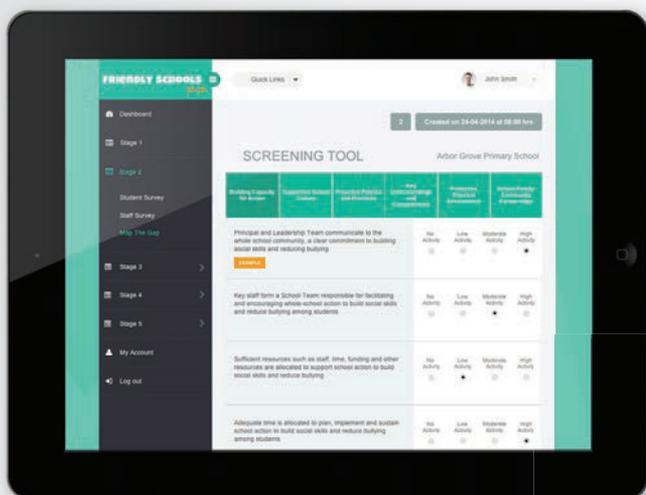
For the full set of team tasks, see Implementation Toolkit A: Team progress map in Section 3 of *Evidence for Practice*.



An electronic version of the Team Progress Map is available on as a downloadable resources accompanying the Friendly Schools Plus *Evidence for Practice* book.

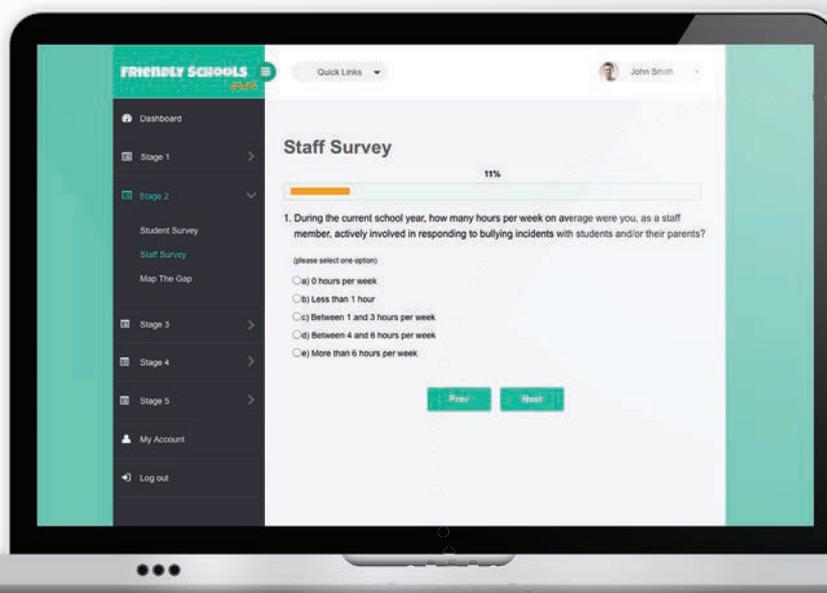
*“The first anti-bullying strategy for schools to be based on extensive research with Australian children and adolescents”*

## STAGE 3: Preparing for Improvement.



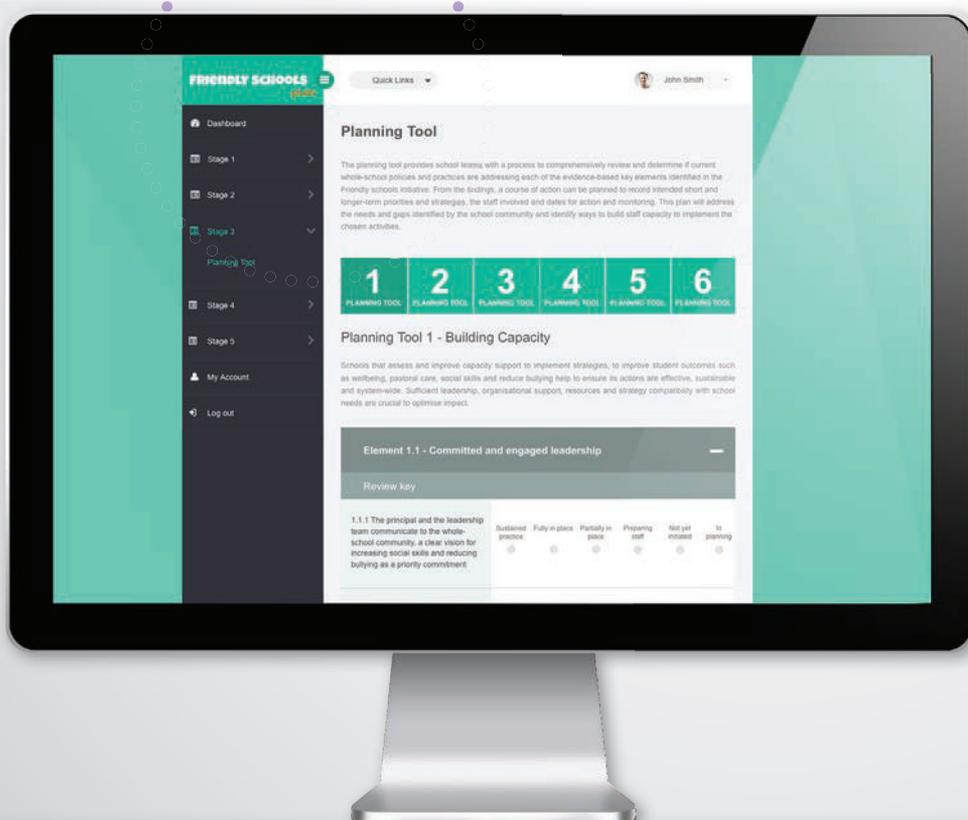
### Map-the-Gap Screening Tool

Map-the-Gap is a quick, online screening tool to help schools identify current policies and practice in the whole-school key areas described in *Evidence for Practice* for enhancing social skills and reducing bullying. This screening tool provides schools with an overview of what they are already doing well and what they need to build on to improve in the areas they have identified.



### Surveys – students, staff

Two reliable, self-administered, online surveys for students (years 9–14) and staff to help determine students’ understandings, attitudes, competencies and behaviour around bullying in the school environment.



### Planning tools for each key area in the *Evidence for Practice* Resource

School teams will conduct their review of current policies and practices, identify their successes and needs and plan their strategies and actions in each key area. The planning tool is designed for teams to record their planning for future action in each key area.



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# Implementation continued

## STAGE 4: Implementing Our Plan and STAGE 5: Reviewing and sustaining our actions and outcomes

Friendly Schools provides explicit multidisciplinary, learner-centred teaching and learning resources for students aged 4 to 14 to enhance their social and emotional learning and to reduce bullying.

To further support staff in their role as an educator and facilitator of the Friendly Schools resources, free access has been provided to the Cyber Strong section of the Friendly Schools website which can be found at:

<http://friendlyschools.com.au/cyberstrong>

The Friendly Schools classroom resources all use a strengths-based approach that focuses on what creates positive health, rather than emphasising risk factors or causes of ill-health. It is designed to address three key aspects of students' school experiences shown to be related to improving social and emotional development:

- promoting positive peer relationships
- promoting positive teacher-child relationships
- explicit teaching related to emotions, social knowledge and social skills

These resources aim to develop students' social and emotional competencies to enable them to: recognise and control their emotions, build positive relationships; show consideration for others, make thoughtful and sensible choices and cope successfully with difficult situations.

The Classroom Resource books all include overviews of the supporting evidence and information addressing:

- Social and emotional learning;
- Bullying
- Whole-school approach to reducing and preventing bullying

These sections are developed to provide common understandings and consistent language for the teachers who will be implementing the activities. Reading these sections and becoming familiar with the information available on the Friendly Schools Cyber Strong Website before implementing the classroom activities will provide staff with a sound understanding of the evidence and understandings behind the development of these resources.

## The Friendly Schools Plus Classroom Resources for 4-11 year olds

The five social and emotional learning areas provide the framework for the explicit teaching of social and emotional skills in each classroom resource across ages 4 to 11. The sections are divided into the five key areas, which are each developed into a sequence of learning focus:

- ▶ **Key area 1:** Self-awareness
- ▶ **Key area 2:** Self-management
- ▶ **Key area 3:** Social awareness
- ▶ **Key area 4:** Relationship skills
- ▶ **Key area 5:** Social decision-making



*“Rather than seeking to punish the behaviour, our research has identified strategies to help schools to reduce the likelihood of it happening in the first place.”*

## The Friendly Schools Classroom Resources for 12–14 year olds

The Friendly Schools Classroom Resources for 12 to 14 year old students have been developed to assist school staff to respond proactively to the ever-evolving online world. This includes the place of social media, and the positive and negative behaviours it generates among young people, which impact both their learning and wellbeing.

These Classroom Resources have been found to be an effective way to provide a structured approach for embedding the social and emotional learning that underpins responsible use of technology at this level of development.



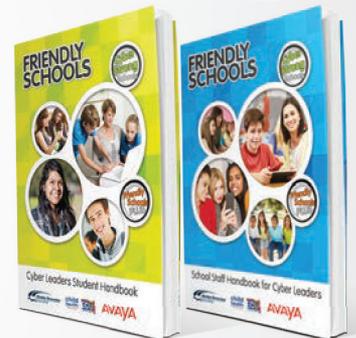
### New Layout of the Classroom Resources

The revised edition of the Friendly Schools resources is based on the evidence and advice received directly from Australian schools who were already using the resources. In response to our latest feedback, the classroom resources are being offered in an alternative format. Resources can now be accessed as individual books for each year level and also include hard copies of the downloadable worksheets (where relevant) with the corresponding activity. A primary school set now consists of eight Classroom Resource books and a secondary set consists of three Classroom Resource Books.

## The Friendly Schools Cyber Leader Handbooks

Students over 14 years were found to respond less to cyber safety lessons in the classroom, but rather expressed a genuine concern and interest in being involved as leaders in school initiatives to address cyber issues. The role of these students as leaders, encouraging and enabling other young people to use technology in positive ways, was found to have had positive outcomes for both the student leaders and their peers.

The *Cyber Leaders' Student Handbook* resource is designed to help to build the self-efficacy of students to show leadership in their school and with their peers by encouraging and enabling other young people to use technology in positive ways.



The *School Staff Handbook for Cyber Leaders* has been developed to help school staff to train and support the student leaders to establish an ethos and environment where all students feel empowered to use technology in positive ways.

The Cyber Strong section of the Friendly Schools website includes resources to help staff to train and support student leaders. [www.friendlyschools.com.au/cyberstrong](http://www.friendlyschools.com.au/cyberstrong)

## Parents' Guide

This handbook contains information and tips for parents of primary-school students about how to effectively cope with bullying. *Friendly Families* focuses on prevention strategies including opening communication between parent and child, giving tips to parents to help improve the social skills of their child and strategies for children to manage bullying, should it occur.



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# Friendly Schools Plus Book Packs:

## Early Years Book Pack



- FSP2502 Friendly Schools Plus: Early Years (4 Year Olds)
- FSP2519 Friendly Schools Plus: Foundation (5 Year Olds)
- FSP2526 Friendly Schools Plus: Year 1 (6 Year Olds)
- FSP2533 Friendly Schools Plus: Year 2 (7 Year Olds)

## Primary Book Pack



- FSP2540 Friendly Schools Plus: Year 3 (8 Year Olds)
- FSP2557 Friendly Schools Plus: Year 4 (9 Year Olds)
- FSP2564 Friendly Schools Plus: Year 5 (10 Year Olds)
- FSP2571 Friendly Schools Plus: Year 6 (11 Year Olds)

## High School Book Pack



- FSP2588 Friendly Schools Plus: Year 7 (12 Year Olds)
- FSP2595 Friendly Schools Plus: Year 8 (13 Year Olds)
- FSP2601 Friendly Schools Plus: Year 9 (14 Year Olds)

# Friendly Schools Plus Complete Pack

## Resource Books

- FSP2502 Friendly Schools Plus: Early Years (4 Year Olds)
- FSP2519 Friendly Schools Plus: Foundation (5 Year Olds)
- FSP2526 Friendly Schools Plus: Year 1 (6 Year Olds)
- FSP2533 Friendly Schools Plus: Year 2 (7 Year Olds)
- FSP2540 Friendly Schools Plus: Year 3 (8 Year Olds)
- FSP2557 Friendly Schools Plus: Year 4 (9 Year Olds)
- FSP2564 Friendly Schools Plus: Year 5 (10 Year Olds)
- FSP2571 Friendly Schools Plus: Year 6 (11 Year Olds)
- FSP2588 Friendly Schools Plus: Year 7 (12 Year Olds)
- FSP2595 Friendly Schools Plus: Year 8 (13 Year Olds)
- FSP2601 Friendly Schools Plus: Year 9 (14 Year Olds)



## Poster Pack

**FSP8813**  
Friendly Schools Plus: Social Emotional Posters Set of 9



## Guidebook

**FSP7656**  
Evidence for Practice:  
A comprehensive  
guide to the  
implementation of  
Friendly Schools



## Parent Booklet

**FSP8868**  
Friendly Schools Plus:  
Friendly Families



## Cyber Leaders Handbooks

**FSP1444**  
Student Handbook  
(High School)

**FSP2618**  
School Staff Handbook  
for Cyber Leaders  
(High School)



## ORDER FORM

QTY	CODE	TITLE	PRICE
	FSP2502	Friendly Schools Plus: Early Years (4 Year Olds)	€29.95
	FSP2519	Friendly Schools Plus: Foundation (5 Year Olds)	€29.95
	FSP2526	Friendly Schools Plus: Year 1 (6 Year Olds)	€29.95
	FSP2533	Friendly Schools Plus: Year 2 (7 Year Olds)	€29.95
	FSP2540	Friendly Schools Plus: Year 3 (8 Year Olds)	€29.95
	FSP2557	Friendly Schools Plus: Year 4 (9 Year Olds)	€29.95
	FSP2564	Friendly Schools Plus: Year 5 (10 Year Olds)	€29.95
	FSP2571	Friendly Schools Plus: Year 6 (11 Year Olds)	€29.95
	FSP2588	Friendly Schools Plus: Year 7 (12 Year Olds)	€29.95
	FSP2595	Friendly Schools Plus: Year 8 (13 Year Olds)	€29.95
	FSP2601	Friendly Schools Plus: Year 9 (14 Year Olds)	€29.95
	FSP7656	Evidence for Practice: A Comprehensive Guide to the Implementation of Friendly Schools Plus	€60.00

QTY	CODE	TITLE	PRICE
	FSP1444	Friendly Schools: Cyber Leaders Student Handbook (High School)	€10.00
	FSP1445	Friendly Schools: Cyber Leaders Student Handbook (High School) (Set of 5)	€40.00
	FSP1446	Friendly Schools: Cyber Leaders Student Handbook (High School) (Set of 10)	€75.00
	FSP2618	Friendly Schools: School Staff Handbook for Cyber Leaders (High School)	€19.00
	FSP2000	Friendly Schools Plus: Early Years Pack (Set of 4)	€110.00
	FSP2001	Friendly Schools Plus: Primary Pack (Set of 4)	€110.00
	FSP2002	Friendly Schools Plus: High School Pack (Set of 3)	€85.00
	FSP8813	Friendly Schools posters (Set of 9)	€40.00
	FSP8868	Friendly Schools: Friendly Families (Parent Booklet)	€9.95

<b>Subtotal</b>	€
<b>Delivery charge (Including Packagaing, Insurance &amp; VAT)</b>	€ 7.80
<b>TOTAL</b>	€

### PAYMENT DETAILS

Enclosed is my Cheque:  Please Invoice (Professional Address only):

I wish to pay by Card:  VISA DEBIT:  VISA:  MASTERCARD:

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ CVV No: \_\_\_\_\_

### YOUR CONTACT DETAILS

Full Name: \_\_\_\_\_ Principal: \_\_\_\_\_

School/Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ A/C/Roll Number: \_\_\_\_\_

Email: \_\_\_\_\_ Your Order Ref: \_\_\_\_\_

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