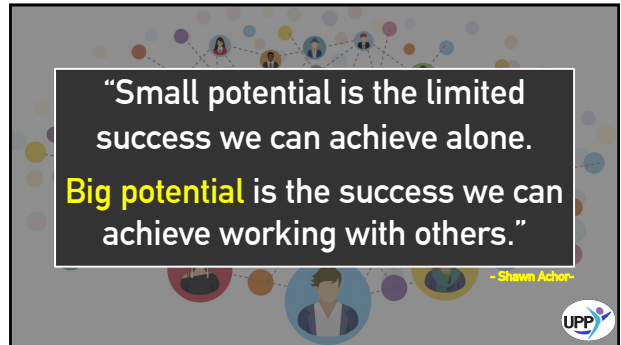




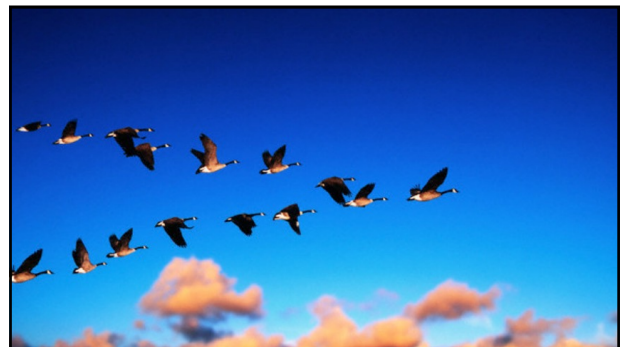
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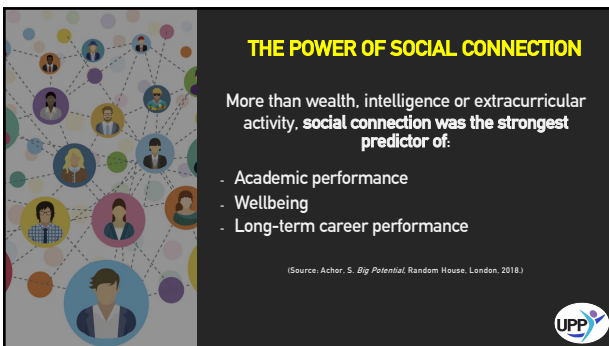
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5



6




CONNECTION

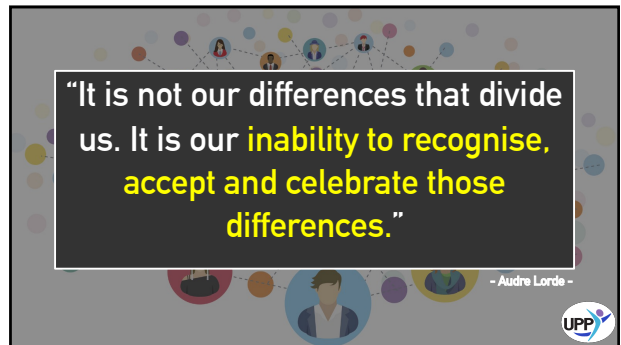
A relationship in which a person or thing is linked or associated with something else

To **CONNECT** is to:

- Bring together or into contact so that a link is established.
- Associate or relate (to someone or something) in some respect.




7




“It is not our differences that divide us. It is our inability to recognise, accept and celebrate those differences.”

- Audre Lorde -




8




How connected are we?

- If you have a brothers and sisters you share 99.95% of their DNA.
- All others are 99.90% the same.
- Out of 6 billion base pairs of genes 5,994,000,000 are the same.




9


ACTIVE CONSTRUCTIVE (to encourage / build)	PASSIVE CONSTRUCTIVE (to minimise)
ACTIVE DESTRUCTIVE (to point out the negative)	PASSIVE DESTRUCTIVE (to brush off or ignore)



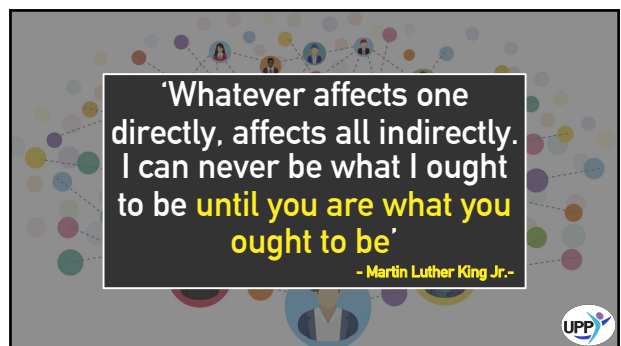
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‘UBUNTU’ in the Xhosa culture means: **“I am because we are”**




11



‘Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be’

- Martin Luther King Jr. -



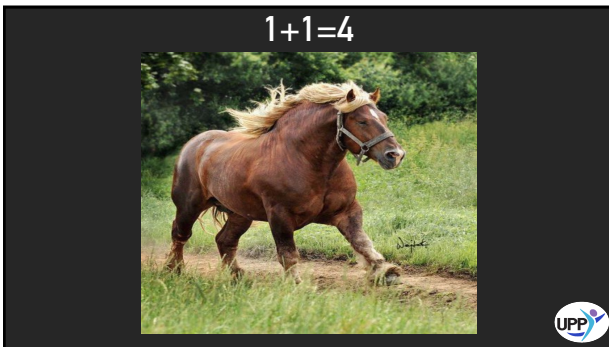
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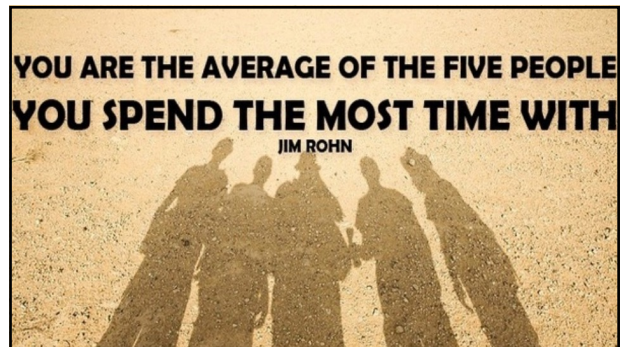
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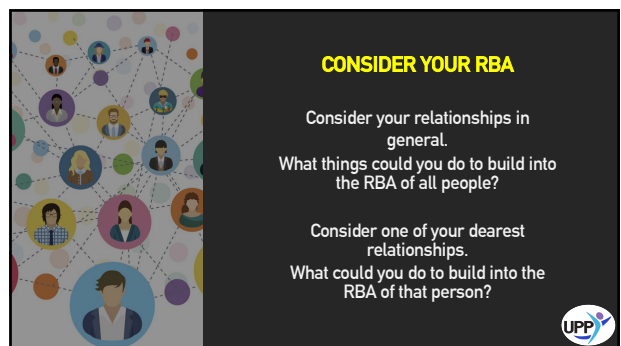
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18


Friendships | Friendships



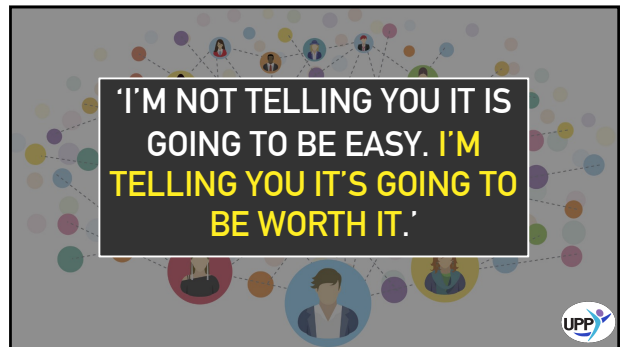
What people think they look like.




What they really look like.



19





'I'M NOT TELLING YOU IT IS GOING TO BE EASY. I'M TELLING YOU IT'S GOING TO BE WORTH IT.'






20

HOW DO WE RESPOND WITH OUR FRIENDS...




21


HOW DO YOU RESPOND?



22




BULL



I WIN, YOU LOSE.

- Intimidate with force to get what I want.
- Threaten, yell, argue with the other person.

AGGRESSIVE



23



JELLY FISH




I LOSE, YOU WIN.

- Won't explain my own wants or needs.
- Will try to agree to please the other person and do what they want.


PASSIVE



24




THE OWL



I WIN, YOU WIN.

- I will share my needs or opinion and also listen to you to hear about your needs or opinions.

ASSERTIVE







25

	YOU WIN	YOU LOSE
I WIN	OWL ASSERTIVE	BULL AGGRESSIVE
I LOSE	JELLYFISH PASSIVE	



26

HOW DO YOU RESPOND?

27

What's the difference?


Mean Behaviour Bullying



28

What is "Mean Behaviour"?

When someone goes out of their way to say or do something to cause hurt toward someone or to bring someone down.




29

BULLYING- WHAT IS IT ?

- It's being mean to someone over and over.
- When someone or a group of people who have more power than another person, repeatedly use words or actions to hurt them.

VERBAL PHYSICAL SOCIAL CYBER

Source: <https://kidshelpline.com.au/teens/issues/bullying>



30



HOW TO DEAL WITH BULLYING

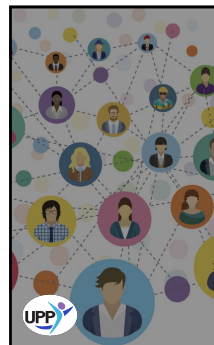


Do the 'High Five'

<https://www.upp.org/2019/04/24/5-Steps-to-Deal-with-Bullying/>

UPP

31




IGNORE

- PRETEND YOU DIDN'T HEAR IT AND DON'T MAKE EYE CONTACT
- MAINTAIN POSITIVE AND CALM BODY LANGUAGE
- TAKE DEEP BREATHS AND THINK POSITIVE THOUGHTS

UPP

32



TALK FRIENDLY

- MAINTAIN EYE CONTACT AND POSITIVE BODY LANGUAGE
- USE A CALM VOICE TO MAKE "I" STATEMENTS;
 - "I FEEL... WHEN YOU... BECAUSE..."
 - "PLEASE LEAVE ME ALONE"

UPP

33




WALK AWAY

- LOOK AND WALK CONFIDENTLY TO A SAFE ZONE WITHOUT RUNNING
- DON'T TALK BACK, RESPOND OR INTERACT ANY FURTHER

UPP

34

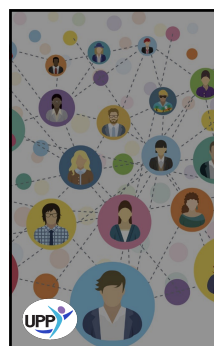


TALK FIRMLY

- RESTATE YOUR "I" STATEMENT USING AN ASSERTIVE AND RAISED VOICE;
 - "I ASKED YOU TO LEAVE ME ALONE"
- USE OTHER SHUTDOWN STATEMENTS:
 - I DON'T THINK SO
 - THAT'S NOT OK

UPP

35



REPORT

- WALK TO A SAFE ZONE AND TELL A STAFF MEMBER
- CONTINUE TO REPORT UNTIL YOU FEEL LIKE SOMEONE HAS LISTENED AND YOU ARE SAFE


UPP

36

What's the difference?

REPORTING:
Helping / Getting yourself out of trouble.

DOBBING:
Trying to get someone else in trouble.



37



IMMEDIATE REPORTING SITUATIONS

If the situation / issue involves threats to your own health or safety, or to that of those around you



38



HOW TO DEAL WITH BULLYING



Do the 'High Five'

<https://www.bullyingprevention.org.uk/what-is-bullying/what-is-bullying/>



39



FORGIVENESS

40




**'FORGIVE'
'GIVE FOR'**



41



'Forgive others not because they deserve forgiveness, but because you deserve peace'



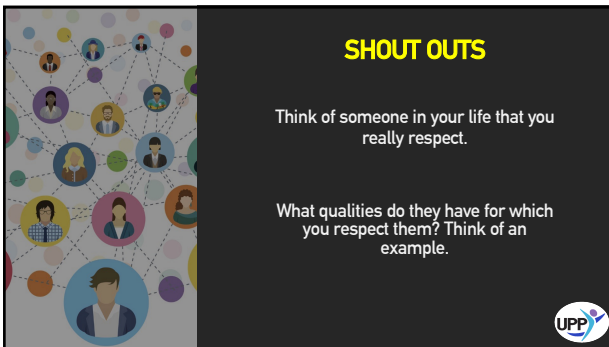
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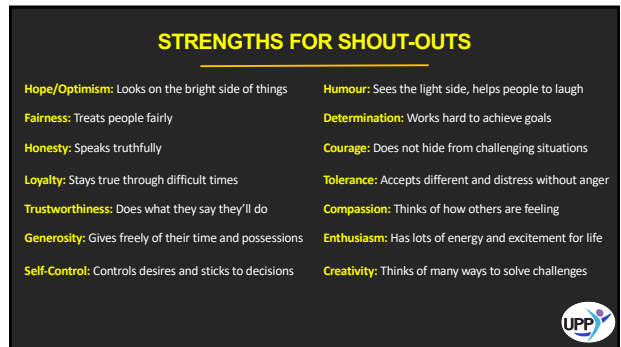
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