

Activity 1 – What is violence?

# Insulting someone

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Activity 1 – What is violence?

# Threatening someone

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Activity 1 – What is violence?

# Online bullying

Activity 1 – What is violence?

# Heated arguments

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Activity 1 – What is violence?

# Pushing, shoving

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Activity 1 – What is violence?

# Hitting, kicking

Activity 1 – What is violence?

# Carrying a weapon

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Activity 1 – What is violence?

# Using weapons such as a knife

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Activity 1 – What is violence?

# Sharing a private picture of someone, without their permission

Activity 1 – What is violence?

Watching a video of  
someone you know  
from school being  
beaten up

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Activity 1 – What is violence?

Disagreeing with a  
friend's opinion

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Activity 1 – What is violence?

Telling a funny joke

Activity 1 – What is violence?

# Giving someone a hug

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Activity 1 – What is violence?

# High fiving your friend

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Activity 1 – What is violence?

# Listening to someone's problems

Activity 1 – What is violence?

# Spreading rumours about someone

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Activity 1 – What is violence?

# Giving helpful advice to a friend

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Activity 2 – 'Agree or Disagree'

Your mate called you a name in front of everyone, so you hit them.

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Activity 2 – 'Agree or Disagree'

A discussion gets heated between you and a friend, so you called them a racist name.

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Activity 2 – 'Agree or Disagree'

You received a private picture of someone you know in school and forward it on to all of your friends to see.

Activity 2 – 'Agree or Disagree'

You decide to carry a knife with you to school and have it with you all day, you don't plan to use it.

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Activity 2 – 'Agree or Disagree'

Your mate tells you they are upset over something that's happening at home, so you sit and talk things through with them.

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Activity 2 – 'Agree or Disagree'

Someone has upset you in school, so you send nasty messages online to them.



A mate is telling you about their opinion on something that has taken place in school, and you tell them you disagree.

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