ACTION EDUCATION PRESENTS

# BACKFLIPS AGAINST BULLYING

## Engaging Students Through Parkour and Acrobatics

ACTION EDUCATION

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www.actioneducation.com.au

# Director Address From Samwise

As the Director of our Backflips Against Bullying presentations, I am incredibly proud of the difference we have been able to make in schools across Australia.

When we launched Backflips in NSW at the beginning of 2019, it exploded with popularity; we were completely floored. It became very clear that educators around the country understood the value of engaging the students, and knew that Parkour and Stunts is a fantastic way to achieve this.

The program was such a hit, that despite being shut down for half of 2020 and the particularly precarious position that the entertainment industry was placed in, we were able to bounce back to launch teams in QLD and VIC, running 6 teams of acrobats concurrently from 2021 across the 3 states. We're excited to continue spreading this much-needed message across Australian schools.

# What is Backflips Against Bullying?

Engaging Students through Parkour and Acrobatics.

**Backflips Against Bullying is a program for both Primary & High Schools, that features high-energy 1 Hour performances by our teams of incredible acrobats.**

**We have multiple programs for every year group, in addition to classroom resources to consolidate the learning after the performance day.**

**When students are engaged, they learn. So we engage them with Backflips, and we teach them about Bullying.**

# 3-Pronged Approach

**1**

**Build Them Strong:**
Teaching Resilience and Practical Tools to help Victims

**2**

**Social Influence:**
Empowering students to hold each other accountable

**3**

**Classroom Consolidation:**
Providing Comprehensive Teachers Resources

**"The role play was sensational. Having students involved was fantastic and obviously the backflips were AMAZING!"**

- Nambour State College

**"Entertaining, relevant and engaging."**

- Fairfield West Public School

**Not only were the performers highly skilled, they were also articulate and challenged the boys when discussing very important issues linked to bullying."**

- Champagnat Catholic College

GAINS
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**“All students were totally engaged, amazed by the flipping and drama. I’d never seen them all so engrossed in something.”**

- Bolwarra Public School

# Why Backflips?

## BECAUSE ENGAGED STUDENTS LEARN.

**Parkour and flips are one of the fastest growing trends amongst students.**

**Teachers should be allowed to focus on what they do best; teaching. By addressing bullying on a social level, we can empower students to hold each other accountable. Let’s take action together and build a harassment-free school environment that saves lives.**

Education is based on content and engagement, but we know that great content alone is not enough to educate students who do not want to learn. Additionally, those who need to hear this message the most are often the hardest to engage with. In steps Backflips Against Bullying! Our program was created as a step [and a few flips] above workbooks and activities to engage and energize your students.

Parkour and Acrobatics is one of the fastest growing trends amongst students. But it’s unreasonable to expect that teachers will learn how to do Backflips. And that’s what an incursion is for - introduce a specialist who can bring something new and exciting to the table. When students are engaged, they learn. So we engage them with Backflips, and we teach them about Bullying.

**When students are engaged, they learn. So we engage them with Backflips, and we teach them about Bullying.**

# Topics We Address

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## 1. EMPOWERING THE BYSTANDER

Primary Schools

Having the power to stand up for one another is a core theme displayed in the program. By addressing bullying on a social level, we'll give students the necessary tools and empower them to hold each other accountable.

## 2. EXIT STRATEGIES

Primary Schools

After a big acrobatic demonstration of bullying, we ask the students what could be done differently, and rewind and replay scenarios with their ideas to show what strategies can work to help the situation.

## 3. RETALIATION

Primary Schools

In a comedy filled segment [with an extremely over-the-top teacher character!], we demonstrate how retaliating gives the bully exactly what they want; and you will get into trouble as well.

## 4. RESILIENCE

Primary & High Schools

Stay calm and be kind; if you do these two things you can shut down verbal harassment straight away. We bring up a volunteer to help us show the students just how effective this really is.

## 5. SELF-REFLECTION

Primary & High Schools

Those who display bullying behaviours need to be helped as well, not just the victims. After a vulnerable segment where our team discusses times they may have bullied another person in their life, we encourage the students to acknowledge any mistakes they may have made in the past, and commit to making a change.

## 6. CYBER-BULLYING

Primary & High Schools

As a Trusted E-Safety Provider with the Australian Government, we will demonstrate the different ways you can shut down forms of harassment that occur using technology, in a segment filled with humour and parkour.

## 7. AGGRESSION & ITS CONSEQUENCES

High Schools

After an exciting choreographed demonstration, the students will be faced with the reality that assault is a crime, and that there is no principals office in the real world. We talk about worst case scenarios, and the ripple effect that aggression can have on your life and your relationships.

## 8. SUICIDE & DEPRESSION

High Schools

Taking a break from the comedy & acrobatics, we have a serious discussion with the students about how your actions can have severe consequences for the mental health of your peers.

# Primary School Roadmap

## PRIMARY SCHOOL PROGRAM **A**

Backflips Against Bullying Performance

- Empowering The Bystander
- Exit Strategies for the Victim
- Deliberate Social Exclusion
- The Consequences of Retaliation
- Whole-School Action

## PRIMARY SCHOOL PROGRAM **B**

Backflips Against Bullying Performance

- Resilience
- Cyber-Bullying
- Physical, Verbal and Social Harassment
- The Consequences of our Actions
- Acknowledging Our Mistakes and Making a Change

## PRIMARY SCHOOL PROGRAM **C**

Backflips Against Bullying Performance

- Empathy
- Practical Resilience Tools
- Self-Reflection
- Interactive Exercise
- Consolidates messages from Program A and Program B

## ANNUAL RECURRING PROGRAM

**The students will experience a new program each year. Each program has a junior and senior variant, and so in the 4th year when Program A returns to the school, the students will be seeing a new variation.**

**This develops a consistency in the cultural development of the students, meaning that every student that passes through your school will have experienced all 3 programs, developing the skills to create a positive social landscape together within the school.**

# High School Roadmap

## HIGH SCHOOL PROGRAM **A**

Backflips Against Bullying Performance

- Power Dynamics and Resilience
- Cyber-Bullying
- Physical, Verbal and Social Harassment
- Real World Consequences
- Targeted and Repeated Harassment

## HIGH SCHOOL PROGRAM **B**

Backflips Against Bullying Performance

- Empathy
- Practical Resilience Tools
- Self-Reflection
- Interactive Exercise
- Playing the Social Game

## ANNUAL RECURRING PROGRAM

**Keep the messaging consistent for every student that passes through your school with a Recurring Program. Each year, the incoming Year 7 cohort will experience the Backflips Program A. The returning Year 8 group will experience the Backflips Program B the following year. Let's build a resilient and empathetic student body throughout your school, and continue educating them each year. Ask us what this would look like for your school structure!**

# Cost

**$5.00**
**PER HEAD**

for 380+
Students

Based On:

**$1,900.00 Base for Single Show Program**

**$2,800.00 Base for Multiple Show Program**

*Minimum $5.00 Per Student

*Excludes travel fees for out-of-area shows

# Day Schedule

This schedule will be customised to fit your bell times.
Each Performance runs for Approximately 1 Hour

## SINGLE SHOW SCHEDULE

| | |
|---|---|
| **8:30am** | **Arrival & Team Setup** |
| **10:00am** | **Backflips Against Bullying Performance** |
| **11:00am** | **Finish & Team Packup** |

## MULTIPLE SHOW SCHEDULE

| | |
|---|---|
| **8:30am** | **Arrival & Team Setup** |
| **10:00am** | **Backflips Against Bullying Performance #1** |
| **11:00am** | **First Break** |
| **11:30am** | **Backflips Against Bullying Performance #2** |
| **12:30pm** | **Backflips Against Bullying Performance #3** |
| **1:30pm** | **Finish & Team Packup** |

# Contact Us

CALL US
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FIND US
**www.actioneducation.com.au**

**"This is why you should call them for your school. If you say totally yes to this you're awesome, if it was no you're probably going to be insane or die!"**

- Mikayla, Year 2
*Spell-checked by Action Education*