



Helping teachers and parents manage bullying in different contexts

Course overview

Bullying is a complex set of behaviours displayed by a large number of children, including ones that are generally well-behaved. The behaviours exist on a continuum of mild to severe. While there is a widespread belief that bullies are children with poor social skills and low consequential thinking, this is not always the case – for example, popular children with above average intelligence and good social skills may bully in order to retain power. Bullying is widely prevalent in schools, and it can be managed by actions taken by schools, students and also by parents. The purpose of this training is to provide an understanding of the phenomenon of school bullying and to consider how it can be reduced through consideration of universal thinking errors, personal values and skills as well as intrafamilial and group factors such as the quality of parenting, situational factors pertinent to the child, school climate and general culture.



Training Dates

3rd February – 7th February 2020

11th May – 15th May 2020

16th November – 20th November 2020

15th February – 19th February 2021

27th September – 1st October 2021

Main objectives

The training will be split into three main areas – understanding bullying; preventing bullying and intervening during incidences of bullying. The aims are to –

- Help understand bullying in its various forms and consider how it can be fluid based on personal, social, situational and cultural factors. Consider cyberbullying and why it has increased bullying
- Understand the consequences of bullying not only for targets but also for bullies, bystanders, the school and society in general. Consider how targets, bullies and bystanders all need to be part of the intervention process.
- Consider the role of parents and families in bullying prevention and intervention
- Explore the fine line between legal and illegal behaviour – when are behaviours more than simple bullying? When are they distinct from conflict?

Programme

Understanding bullying

- How thinking errors and group dynamics affect human behaviour
- Statistics related to bullying, including bullying frequency in schools
- The types of bullying, including cyberbullying
- Understanding the bullying triangle
- Distinguishing bullying from conflict
- Discussion of societal changes in bullying

Preventing bullying

- Personal qualities that assist during bullying
- Resilience
- Understanding parents' roles
- The role of attachment
- The role of emotional intelligence
- Skills - teaching conflict resolution and problem-solving skills
- Developing interpersonal skills and self-advocacy
- Utilising a comprehensive school-wide approach to bullying
- Anti-Bullying Programs
- Social and Emotional Learning (SEL) programs

Bullying intervention

- Assessing and Reporting on Bullying
- School Accountability
- Helping parents hold accountability at home
- Enacting antibullying legislation
- Protecting targets under civil rights laws
- Zero tolerance approaches
- Implementing school antibullying policies
- Helping bystanders become upstanders
- Using holistic approaches to bullying
- Identifying changes in functioning
- Psychological strategies to maintain functioning