



COURSE OUTLINE

COURSE TITLE: Bullying

COURSE LEVEL: 3

DURATION: One day

Introduction

Bullying happens at a variety of levels from minor to extremely serious. It is a common behaviour that happens everywhere. Understanding about bullying and about how to address the issues is a vital skill for all residential workers if we are to help children lead positive lives.

Benefits of Attending

Dealing with bullying is complex and can seem a daunting task. It is difficult to know where to start and difficult to get a consistent approach. The course provides clarity of task and allows participants to develop a clear and effective model of working.

Programme Highlights

- Understanding why people bully others.
- Learning how to deal with bullies in a positive way.
- Learning how to help those who are the victim of bullies.
- Understanding how to work with children who both bully and are bullied
- Develop a model for managing the environment so as to prevent bullying

Who Should Attend

Any person with some experience of working with young people. It will be beneficial to have an understanding of counselling

Special Notes

Bullying

Learning outcomes

- To enable learners to understand bullying and the impact this has on both bullies and those who are bullied
- To provide learners with a range of skills and ideas about how to work effectively with bullies and those who are bullied to reduce bullying behaviour

Introductions. (15 mins)

Session 1. (1 hour) Understanding bullying

- Power. Misuse of power. Whistle blowing
- What is bullying. Types of bully. What makes a bully
- Why stop bullying

Coffee. (15 mins)

Session 2. (1 hour) Understanding bullying

- Impact. What happens to bullies. What happens to victims
- The environment. Changing the environment
- Cyber bullying. Gangs

Lunch (1 hour)

Session 3. (1 hour) Working with bullies

- Consensus and consistency
- Admit-Acknowledge-Apologise-Atone
- Sanctions and consequences. Reporting. The law and outside agencies

Coffee (15 mins)

Session 4. (1 hour) Working with victims of bullying

- Recognising victims. Types of victims
- Helping victims
- Assertiveness. Stop feeling powerless

Any Questions (15 mins)

Close