

Empowered kids workshop

An anti bullying workshop for years 5 & 6

Some children, for any number of reasons, have learned to use their power in aggressive and/ or manipulative ways. When faced with this directly, as targets or bystanders, students can often be very unsure of what to do or say. This uncertainty can create a climate of fear, silence and inaction within a school culture. We help children break those patterns .

Building sequentially on the ideas we have presented at earlier age groups, we teach strategies to help them better handle bullying situations as either targets or bystanders.

At this age level kids begin to care a lot less about what teachers may say and a lot more about the perceived opinions of their peer group. As such, we begin to work much more with addressing group norms and expectations.

In this highly successful program we use a series of animated role-plays, group discussions and small student panels to explore this issue and guide the group attitudes toward it.

What the children will learn:

- **How to recognise different forms of bullying behaviour**
- **The impacts of bullying behaviours**
- **To better understand their personal values and attitudes around bullying**
- **Some defensive techniques to deal with this issue effectively**
- **How to take safe and powerful action as a bystander**
- **Assertive strategies for life**

ABOUT THE PRESENTERS:

The Bully Busters® Programs were originally created in 1997 and have been widely successful since then. The programs, which are continually updated, are now presented into schools at both a national and international level by the team at Insideout Educational Programs headed by Michael Shaw (Bach Ed, Dip.counselling, Dip.Art therapy) The program has achieved great results by helping children better understand bullying behaviour and by providing them with the opportunity to safely explore strategies for dealing with it.