

understanding bullying

an information session for parents

We are becoming increasingly aware as a society of the massive impacts bullying can have on children of all ages. It is widely understood that the best most effective anti-bullying strategies are those which are supported at home by the parents. As such, we offer this program as part of our whole school approach to this issue.

As even the best schools have to contend with bullying it's important we all understand what it is and isn't, and the best, most effective ways to help your child deal with it.

It's especially important to try to meet these issues well at the primary level. Later in their school lives, the patterns, and consequences related to bullying can often become much more ingrained and entrenched.

Bullying can take many forms, from so-called "harmless" teasing to outright physical violence. Alongside this, cyber bullying has emerged as potentially the most dangerous of them all. Whatever form it takes, both targets and perpetrators of bullying need the understanding and guidance of their parents or caretakers to help them navigate their way through this difficult terrain.

Find out:

- **How to best help your child if he/ she is being bullied**
- **The importance and meaning of assertive behaviours**
- **Some effective strategies to help your child deal with the issue**
- **How to teach your child to take safe and powerful action as a bystander**
- **Why being a proactive bystander is important to your Childs safety**

TIME.....

VENUE.....

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 a national 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.