

# resilient kids workshop

## An anti bullying workshop for years 3 & 4

Creating active bystanders has been shown to be the single biggest factor in reducing the level of bullying in schools. As such, we begin to bring a strong focus to it at this, and future, levels.

Both targets and bystanders can often be very unsure of what to do when faced with a bullying situation. This uncertainty, if left unaddressed can create a climate of silence, fear and inaction in which bullying problems can multiply. We begin to name and address this issue.

We also teach some effective strategies to help them better handle any bullying situations they may face directly as targets.

In this highly successful and interactive program we use a series of animated role-plays, stories and small group discussions to ensure maximum child involvement.

### What the children will learn:

- **How to recognise different forms of bullying behaviour**
- **The impacts of bullying behaviours**
- **Some 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 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.