



Bully Proof Your School

“I CHAMP” Program

This program is designed to equip students with skills and attitudes needed to tackle the issue of bullying. It will offer opportunities for students to collaboratively reach a consensus on the undesirability of bullying behaviours, hence enhancing their commitment towards creating a bully-free school environment. The facilitator takes a keen interest in working with students to develop personal responsibility for a positive school climate.

Objectives

Upon completion of the 3-day program, participants will be able to:

- Identify the different types of bullying
- Demonstrate enhanced personal skills and attitudes that have been proven in research to be necessary in coping and dealing with the issue of bullying
- Take a proactive approach towards creating a bully-free school environment
- Arrive at a consensus on the undesirability of bullying

Content

1. Building a shared understanding of bullying

- What is bullying
- Types of bullying
- Why students bully
- Case studies of bullying incidents
- Consequences of bullying

2. Equipping the individual student

- Developing empathy
- Developing social skills
- Developing confidence and self-esteem
- Developing assertiveness

3. Equipping the student body

- Assessing the severity of cases
- Working in partnership with schools for cases of low severity
- Working in partnership with schools for cases of intermediate severity
- Working in partnership with schools for cases of high severity

Benefits

- Taking constructive collective action against bullying through student-directed campaigns
- How to intervene in bullying incidents

Note: Prior to the commencement of the program, questionnaires will be administered to identify likely bullies, victims, and bully/victims. The information gathered will remain privy to the facilitators and authorized school personnel, and be used only for the purpose of facilitating the program and enhancing its effectiveness.

Benefits

- Students are informed and empowered in addressing the issue of bullying in their schools
- Decrease in the number of students being bullied
- Students are trained in repertoire of skills and attitudes to deal with bullying
- The school can demonstrate to their community that the issue of bullying is taken seriously
- Parents can be assured that the school is keenly involved in helping their children deal with the issue of bullying
- An increase in student morale due to shared understanding of the issue of bullying throughout the school

Duration : Three (3) days interactive workshops with students

Class size : Minimum of 40 Students to commence
Maximum per group should not be more than 80 students

Venue : School Premise

Cost : S\$150.00 per student

Payment : Cheque / GIRO

To book a session, please contact Ms Jaslin Peh at 6227 6635 or email us at jaslin@hrted.com.sg. We would like to hear from you.

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