



Bully Proof Your School

Equipping the Parents

This workshop is designed for parents intending to address the issue of bullying proactively. Besides offering opportunities for parents to share, explore and receive feedback on their current parenting styles and practices, the workshop will also equip parents with the knowledge and language for more effective collaboration with schools.

Objectives

Upon completion of the one-day training workshop, participants will be able to:

- Recognize if their children are involved in bullying
- Apply effective prevention and intervention strategies
- Work in constructive partnership with schools regarding bullying incidents

Content

1. Building a shared understanding of bullying

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

2. Recognising if your child is involved in bullying

- Signs that your child may be a bully
- Signs that your child may be a victim

3. Prevention approaches – What parents can do

- Parenting styles (authoritarian, permissive, and neglecting)
- Anger management in the home
- How to encourage pro-social behaviours in children
- How to develop assertiveness in children
- Developing adequate parental supervision

4. Intervention approaches – What parents can do

- 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

- Parents are informed and empowered in addressing the issue in partnership with the school
- The school community and parents are equipped with a common language in addressing bullying
- Decrease in the number of children being bullied
- Children trained in repertoire of skills to deal with bullying
- Parents learn to develop more effective parenting styles and practices

Methodology

- Small group and whole-class discussions that allow parents to share, explore and receive feedback on their current parenting styles and practices as well as their experiences with bullying incidents involving their children
- Role plays that allow parents to demonstrate and apply intervention and prevention approaches
- Clear presentation using multimedia slide show
- Comprehensive hand-out material

Facilitator

Ms Esther Ng hold a Bachelor Degree in Early Childhood Studies with University of Melbourne. She has 24 years experience working with children and families. She has designed and managed a total of 17 centres for children services in Singapore and overseas. In her capacity as CEO of Harvest Centre for Research, Training & Development (HRTD), she founded Coalition Against Bullying for Children & Youth (CABCY) in Singapore. Today, CABCY is a non-profit community arm, adopted by HRTD and fully managed by like minded volunteers. Together with some research partners, she accomplished a research of 4000 students (aged 7 to 16 years old) in the study of bullying in Singapore in mid 2006. Her study contributed insights into the nature and prevalence of bullying which shall be featured in her book, entitled "Breaking the Silence – Bullying in Singapore". It is being co-edited with Dr Ken Rigby and shall be launched in year 2008. Her most recent presentation at the National Coalition Against Bullying Conference 2007 (November) in Melbourne attracted much attention from educators to consider early intervention in dealing with bullying issues by empowering positive peer relationship in preschoolers. As an advocate for the well being of children, she has continuously conducted surveys and research on bullying issues, including cyber bullying.

Duration : 6 hours in 1 session OR
2 sessions of 3 hours
● Sat, 9am to 4pm OR
● Evening 6pm to 9pm

Class size : Minimum of 30 participants to commence

Venue : School Premise

Cost : S\$70.00 per pax

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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