



Bully Proof Your School

Equipping the School

This workshop is specifically designed for schools intending to address the issue of bullying proactively. It is especially beneficial for principals, teachers, counsellors and administrators to attend the workshop which will offer opportunities for collaborative thinking and problem solving. The facilitator takes a keen interest in working with the school to create its own unique ethos which nurtures positive social behaviour for every staff, student and parents.

Objectives

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

- Identify the different types of bullying
- Implement appropriate prevention strategies
- Implement up to date, research-based intervention practices
- Work in constructive partnership with parents 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. Prevention approaches

- Developing supportive school structures
- How to train students to develop assertiveness
- How to train students in pro-social skills
- Anger management for staff and students
- Creating effective playground supervision
- Active discouragement of bullying

3. Bullying interventions – Dealing with a bullying incident

- Recognizing the types of cases
- Assessing the severity of cases
- Intervention approach for cases of low severity
- Intervention approach for cases of intermediate level
 - ▼ Restorative justice
 - ▼ The No Blame Approach
 - ▼ The Method of Shared Concern
- Intervention approach for cases of high severity
- Working in partnership with parents of bullies and victims

Benefits

- The school can demonstrate to their community that the issue of bullying is taken seriously
- Parents can be assured that the school is addressing the issue professionally
- The school community is equipped with a common language in addressing bullying
- An increase in staff morale due to consistency of approach and shared understanding of the issue of bullying throughout the school
- Decrease in the number of students being bullied
- Increase in student initiative to tackle the problem of bullying
- Students trained in repertoire of skills to deal with bullying

Methodology

- Small group and whole-class discussions that allow participants to share, explore and receive feedback on their current practices to address bullying
- Role plays that allow participants to demonstrate and apply intervention and prevention approaches
- Clear presentation using multimedia slide show
- Comprehensive hand-out material

Facilitator

Ms Sandra Charis Tee holds a Master of Educational Studies (Learning Support) from the University of Queensland. During her tenure in Australia, she was awarded a scholarship by the University and twice commended by the Dean for high achievement. In addition, she has won an award from the Australian Board of Special Educators (Brisbane Branch) for the highest proficiency in her field of study. As a volunteer member with the Coalition Against Bullying for Children & Youth, she is also keenly involved in conducting awareness talks and workshops for children, teachers and parents.

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.

Target Participants : Principals, Teachers, Counsellors

Duration : 9am to 5pm

Class size : Minimum of 20 participants

Venue : School Premise

Cost : S\$80.00 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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