

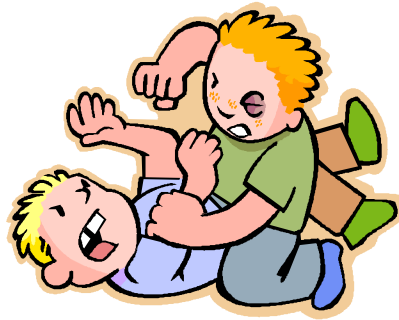
We All Have Choices – Bullying Workshop Overview

Bullying occurs whenever a person or a group tries to hurt or control another person in a harmful way. Children that are involved in bullying know that they are being hurtful, and they usually do it more than once.

Bullying can be done by one boy or one girl, or a group of children (also known as “mobbing”). It can occur physically, emotionally, or even using technology (also known as “cyber-bullying”).

This workshop touches on all the aspects of bullying:

The Bully: How to know if you are engaged in bullying behaviour. Learn how others feel when you act this way, and what are the outcomes of your actions. Brainstorm practical ways to stop being a bully, and how to change your behaviour.



The Person being Bullied: What to do if you feel you are being bullied. Learn about who and where you can go to for help. Brainstorm strategies for creating safety, and for preventing yourself from becoming a bully.

The Bystander: Learn about what happens when people stand by and allow bullying to occur. Strategies are provided for how to stand apart from the crowd, and to step in to stop bullying.

Parents: The parent component addresses issues like – what to do if your child is accused of bullying. Learn how to help your child if s/he is being bullied at school. Strategies for preventing cyber-bullying are also covered.

This workshop can be formatted for elementary and secondary school students, as well as parent groups. It is based on a new guide for parents of bullied children, currently being written by Laurie Flasko and Julie Christiansen. The book will be released in 2010.

For more information, call Leverage U at 905-329-6169.