



Anti-Bullying Training for Senior Pupils

Background

The Northern Ireland Anti-Bullying Forum (NIABF) defines bullying as:

The REPEATED use of POWER by one or more persons, INTENTIONALLY to harm, hurt or adversely affect the RIGHTS and needs of another or others.

Bullying often involves an imbalance of power. In any society, power imbalances are common and not necessarily negative. What we choose to do with the power we have can have a serious impact on the wellbeing of those around us. This training programme seeks to harness the power of the senior pupils in school, to use it as a key tool in tackling all forms of bullying.

Objectives

On completion of the session participants will:

- * be more skilled in recognising bullying behaviours
- * feel more confident in challenging bullying behaviours
- * be equipped with several strategies responding to low-level bullying behaviours
- * understand the need to, and mechanisms for, reporting bullying concerns to appropriate school staff

Delivery

The training is delivered in school by a member of NIABF staff. The session lasts for approximately 2.5 - 3 hours, including comfort breaks. The recommended number of participants is 20 - 30 per session. The session can be run twice in a school day, depending on numbers. A draft session plan is attached, but can be adapted to meet the individual needs of the school.

For more information contact Lee Kane, Regional Anti-Bullying Coordinator, on leekane@niabf.org.uk or 028 9087 5006.