

# Bully Proof

your kids workshop

for parents & teachers



## Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



We aim to engage, impact and empower primary and secondary schools & their community, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.

## Learning Focus

This session provides key factors for parents and caregivers to help their young people be aware of bullying – both at school and online. We focus on educating parents how to support young people who are bullied as well as cyber-bullying, which is the most prominent form of bullying in Australia today. We explore evidence-based strategies for students as well as parents and discuss generic resilience factors for young people.

## Rationale

Bullying and more recently, cyber-bullying is a prominent issue that young people are concerned about and can have far-reaching and devastating consequences on the individual and school. Within the student seminar we focus on ownership of bullying by the student body, particularly concentrating on the key influence of the bystander and give evidence-based strategies on how to respond, be resilient and actively seek support. The parent session is a more comprehensive follow-up to the student workshop to encourage parents to be a good support for their young person at home.

## Key concepts covered in the session:

- What is bullying? – i.e. repeated and deliberate behaviours
- What is cyber bullying? How can you protect your family at home?
- Giving basic strategies that can assist, particularly in cyber bullying
- Key components in life that enable young people to connect with others, have healthy self-esteem and positively make a difference
- Practical strategies and toolkits that engage and value a young person that is proactive and pre-emptive
- Promotion of resilient factors including caring relationships, high expectation messages & meaningful participation
- The promotion of empathy and sharing life in community

## Workshop Details

- Sessions are tailored to meet your specific requirements
- Parent / teacher sessions are quite often arranged for outside of school hours and we are happy to offer either afternoon or evening times
- We also offer student sessions on anti-bullying as well as many other student wellbeing topics such as resilience, leadership, friendships and more. Go to [www.valuesforlife.org.au](http://www.valuesforlife.org.au) for more information
- Session duration is approximately 60 minutes
- We provide all AV equipment
- Costs are calculated on the number of sessions and location. Call or email us for a quick quote

## Essential Learning Standards

The “Bully Proofing” Parent Workshop is closely associated with the student programs which intertwine elements of all three strands of the curriculum, with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

A complimentary parent resource manual is also provided that can be accessed via our website.



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W: [www.valuesforlife.org.au](http://www.valuesforlife.org.au)