

# HOW TO CREATE A BULLY FREE SCHOOL AND CLASSROOM

## *USING SOCIAL EDUCATION SKILLS*

Is what we see bullying or a social skill issue? How can we help? Teaching children and youth social skills, friendship skills, and life skills can greatly reduce some of the relationship problems we see children struggling with today. We can help build their social/emotional intelligence by devoting a few minutes daily to a school wide program and return to teaching the whole child. This is an interactive 1 day workshop for all school staff, health staff, day care educators and other front line community workers.

The following topics will be covered:

- 📖 Defining bullying
- 📖 Current information about bullying and why it happens
- 📖 Recognizing the difference between a bullying situation and a social skill issue
- 📖 Understanding attachment and student success
- 📖 Understanding brain development and child behaviours
- 📖 Self-esteem vs. character development
- 📖 Identifying potential victim behaviour
- 📖 Breaking the code of silence
- 📖 Understanding bully truths and untruths
- 📖 Safe non-violent bully stopping plans
- 📖 22 key ingredients to creating a bully free classroom and school
- 📖 Teaching students assertive communication skills
- 📖 Teaching positive self-talk and worth
- 📖 Helping students/staff understand their rights and responsibilities
- 📖 How to empower parents and caregivers
- 📖 How to help victims and bullies
- 📖 Teaching 70 Social Skills, 50 Virtues and 60 Emotions
- 📖 Building Emotional Intelligence (EQ)

A year long plan will be presented at the end of the session for all school staff.

Participants will receive a 65 page document full of ready to use information as well as a Social Education Skills Kit for their classroom.



*"Not like any other bullying workshops I have ever attended!"*