



RAISING A BULLY FREE FAMILY

This informative 3 hour session is designed for caregivers, parents, front line workers, concerned community members and all those who work with children and youth. The session includes lots of time for questions and is presented in a safe and open environment.

Those in attendance will learn more about:

- * Definition of bullying
- * Current information about bullying and why it happens
- * Recognizing the difference between a bullying situation and a social skill issue
- * Understanding current brain development and child behaviours
- * Self-esteem vs. character development.
- * Identifying potential victim behaviour
- * How to create a bully free home
- * How to think bully free
- * Teaching your children assertiveness skills
- * Teaching positive self-talk and worth
- * Helping your children learn how to confront bullies and stop them
- * Assisting your children to understand their rights and responsibilities
- * How to work with the school in cooperation
- * Social education skills for children
- * Breaking the code of silence
- * Identifying victims and potential victims
- * How to help the victims & bullies
- * Positive parenting tips
- * How to deal with "cyber bullying"
- * Developing friendship skills
- * Using virtues and emotional intelligence in your home

...and much more!!

Lots of handouts and "how-to's"

Created for First Nations
by First Nations

