

Workshop 5: Preventing bullying

Trainer's notes

Learning Intentions

- To consider the range of ways in which schools can prevent bullying.

Time needed	1 hour	Audience	School senior management, teachers, trustees
Resources	Powerpoint slides Handout 5 Preventing bullying <u>Bullying prevention and response: A guide for schools</u> references p25-31		

Workshop

1. Introduce the session and explain that the activities and materials are based on the [Bullying prevention and response: A guide for schools](#).

This workshop is designed to give participants the chance to consider the responsibilities of the school and begin to develop a school policy for preventing bullying. Workshop 4 also contains activities that relate to the teaching of social skills in relation to preventing bullying.

2. Show Slide *Strategies for dealing with bullying*. This table provides examples of how to prevent and respond to bullying.

This workshop is focusing on preventing bullying. There is a further workshop available focusing on responding to bullying.

Trainer Note: The key aspect of this workshop is that the most effective way to deal with bullying in school is to focus on the prevention of bullying.

This is likely to reduce the incidents of bullying in the school and create a whole school ethos that discourages bullying behaviours.

Whilst there are a number of ways to help prevent bullying in school the most effective has been shown to be the teaching of pro social skills at a developmentally appropriate level to all students throughout the school.

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3. *Activity.* This activity is to help consider the culture and ethos of the school and how this helps prevent / reduce bullying.

Group 1 Discussion

- Does our school have a positive and inclusive climate?
- To what extent do we have a shared vision of what we want our school culture to look like, sound like, and feel like? Do we know how to achieve this vision?
- Are we involving the wider community?
- Are we connected to community groups and services working on bullying issues and do they know what our approach to bullying is?
- If we are not involving the wider community, how can we become better connected and involved?

Group 2 Discussion

How do we currently promote diversity?

How would students describe the ethos of our school?

4. *Activity.* Research suggests that the most effective way to reduce bullying in school is to provide teaching and support to all students relating to all students roles and responsibilities in reducing bullying.

Much of this teaching can take place through the teaching of the key competencies of managing self, relating to others, participating and contributing.

Print out the competences template and put on the staff room wall. Ask participants to write their ideas on post it's over the next week and add them to the template showing how they already teach these skills and how they could be build on in the future.

Trainer Note: There are many strategies and programmes available to support the prevention of bullying in schools. These are described and discussed in more detail in the *Bullying Prevention and Response Guide*.

This workshop aims to give staff the opportunity to recognise what they are already doing towards preventing bullying and how preventing bullying work can be embedded into the curriculum and classroom