



# PROJECT INFORMATION

Project Services Information

## Introduction

Bullying and bullying behaviours are recognised as one of the more contributing factors in cases of non or diminished attendance at school. The stresses placed on the targets of bullying have far reaching effects on their emotional health and wellbeing, educational successes and subsequent life chances.

BulliesOut provides much needed help support and information to individuals, schools, youth and community settings affected by bullying. The charity was established in May 2006 and the determination and tireless work of its team ensures that thousands of young people are helped and supported through this cruel act each year.

A series of core programmes have been designed in direct response to the needs expressed

by schools, stakeholders, children, young people, parents and carers. Feedback relating to each of these has been extremely positive.

A description of each program is detailed in this flyer, but ultimately BulliesOut is working towards creating environments where children and young people feel empowered to speak out about bullying, thus creating a 'culture of telling'.

By ensuring that children and young people understand what constitutes as bullying and are equipped with the skills, confidence and self-esteem to report bullying incidents, we can improve their emotional health and well-being. Long term, this will positively impact on their ability to form positive relationships and improve their subsequent life chances.

## Online Mentors

Online Mentors are people of all ages who receive intensive training from BulliesOut which gives them the skills and confidence to mentor online using a medium young people are comfortable with and enthusiastic about.

Our mentors are available to speak to young people, parents and carers about bullying concerns. They offer support to those who are being bullied whilst at the same time encouraging them to talk to someone they can trust offline. Many of our mentors have been bullied themselves and are able to empathise with those they mentor and understand what they are going through.

This initiative receives excellent feedback from its users. Speaking

about bullying is never easy and young people tell us they would prefer to talk to someone online.

All online mentoring takes place on the BulliesOut website. The forum is secure and is monitored by a project manager and our mentors are supported by senior mentors, some of which are trained counsellors.



## Peer2Peer

Peer mentoring gives young people the opportunity to share ideas, concerns and other issues with their peers, providing emotional support and guidance helping young people progress and contribute to their community.

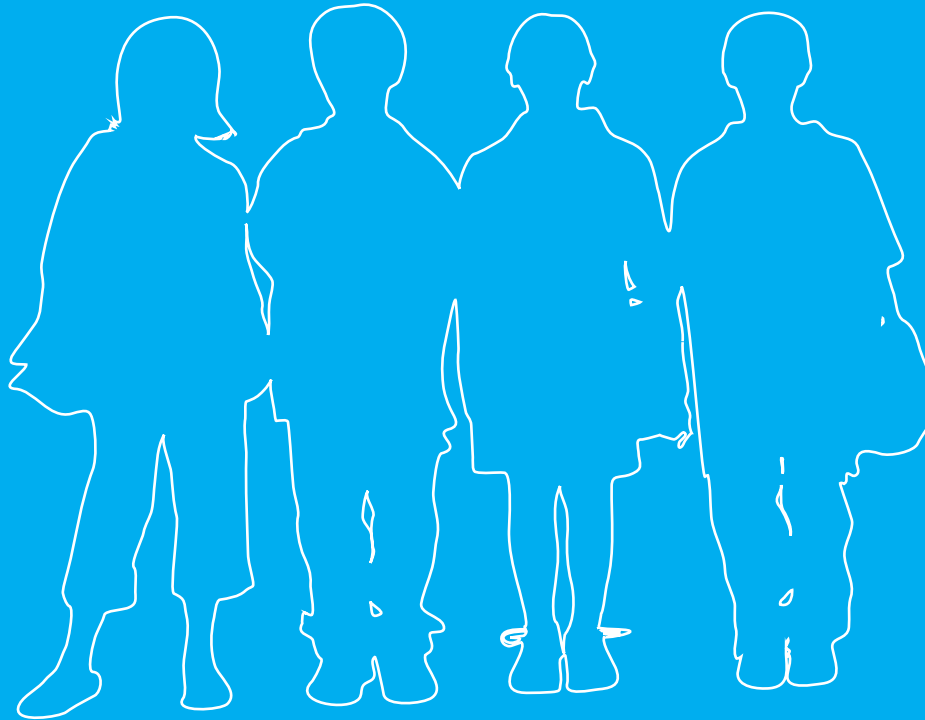
Peer support encourages both those being mentored and the mentors to develop personal and social skills, such as active listening and communication skills; improving self-esteem; learning to negotiate with one another and adults over areas of conflict; and learning to ask for help and support. It gives children and young people the opportunity to experience different roles and responsibilities, and to learn leadership skills and team working.

Our Peer2Peer programme was designed to assist schools with their anti-bullying campaign. The programme is delivered over one full school day and involves training, role play team activities and workshops.

Feedback from the peer support schemes we have developed shows that a successful scheme can help create a calm, positive environment in which young people can learn, play, develop and grow, and where bullying is reduced.

Peer Support has many benefits:

- Creates a positive ethos throughout whole school community
- Help break down barriers between different year groups
- Encourage people to talk about bullying
- Resolve arguments between friends
- Support Year 6 with transition to High School
- Promote and encourage friendships
- Help raise awareness of issues that affect emotional health
- Support takes place between those of a similar age, or background





## Hand of Courage Creative Workshop

Wherever possible, an anti-bullying message needs to be reinforced and all children and young people need to have an awareness and understanding of what bullying is and why it happens. For younger children and special needs children and adults, this may sometimes be difficult to recognise. This can then make it harder for them to speak about their concerns.

This project was uniquely designed by BulliesOut and cleverly combines the functions of learning and creativity to appeal to the children and young people it aims to serve.

Whilst delivering a vital message to children and young people, this workshop also enables them to participate in a creative activity which engages them thoroughly

and gives them the opportunity to take ownership of their own 'Hand of Courage' which reinforces the message given through the workshop.

This workshop was piloted by BulliesOut during Anti-Bullying Week 2007 and to date has been the most successful of those run by the Charity. The demand for this activity increases year on year and feedback from all children, young people and staff is positive and demonstrates the effectiveness of the message.

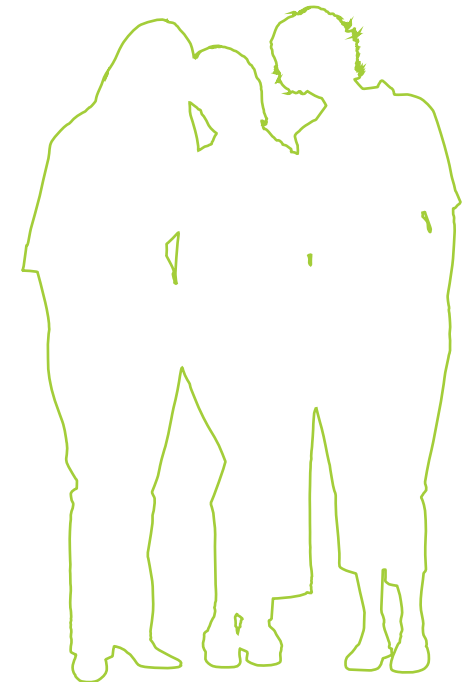
This workshop can be delivered by BulliesOut, or, from late 2011 will be available to purchase - enabling you to deliver the workshop independently.

## 'Say No To Bullying' Interactive Workshop

Designed to raise awareness of the effects of bullying and how to deal with it more effectively, this workshop is suitable for PHSE lessons, youth groups and community workshops. This one hour activity based workshop encourages young people:

- To define bullying and understand its forms
- To identify types of bullying
- To explore the roles of bully, bullied and bystander
- To identify the emotional state of those involved in bullying scenarios
- To create awareness of their own and others' experiences, developing empathy and understanding
- To contribute to class and group discussions, verbalising thoughts and feelings

Working cooperatively, the workshop was designed to encourage pupil participation, and to provide opportunities for discussion.



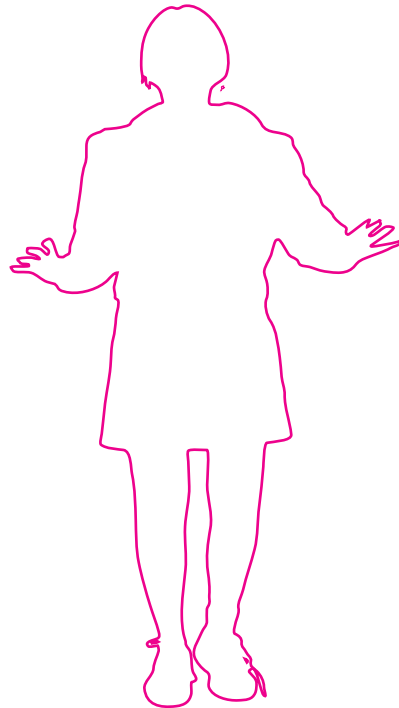
## Information Workshop for Parents

Year after year, studies show the main fear of young people about to start school (especially secondary school) is the threat of bullying. For many, this fear is a sad reality.

Many parents and carers struggle to determine the best course of action to approach the school, support their child and ultimately stop the bullying, and whilst there is no simple answer or quick fix, the information in this workshop may be able to help.

This 2 hour workshop has been designed to help parents/carers understand bullying in all its forms, the impact it can have, how to support their child and how to work effectively with the school.

Each attendee will be given a comprehensive anti-bullying information booklet and an Internet safety guide.



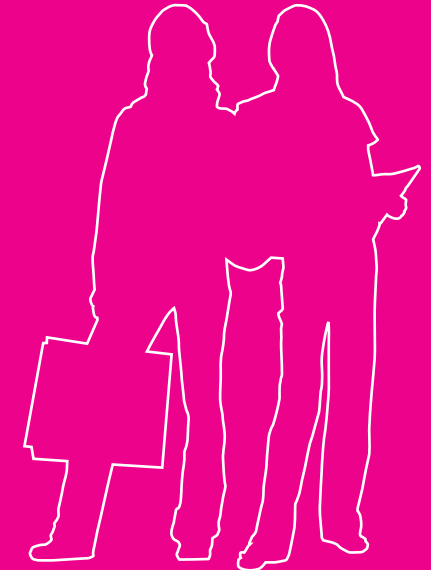
## Awareness Sessions for Professionals

All professionals who work with children, young people and families need to have an understanding of what bullying is and how to deal with it. We all have a duty to keep children safe and promote their physical and emotional wellbeing.

Bullying takes many different guises and can be dealt with in a variety of ways. This session offers an insight into some of them, providing practitioners, local authorities, schools and the wider community with the information, resources and strategies that can help them deal with bullying.

This includes:

- Understanding the various forms bullying takes
- Being able to recognise bullying behaviours
- Understanding what you can do to prevent it
- Information on guidance and best practise



## Information Material

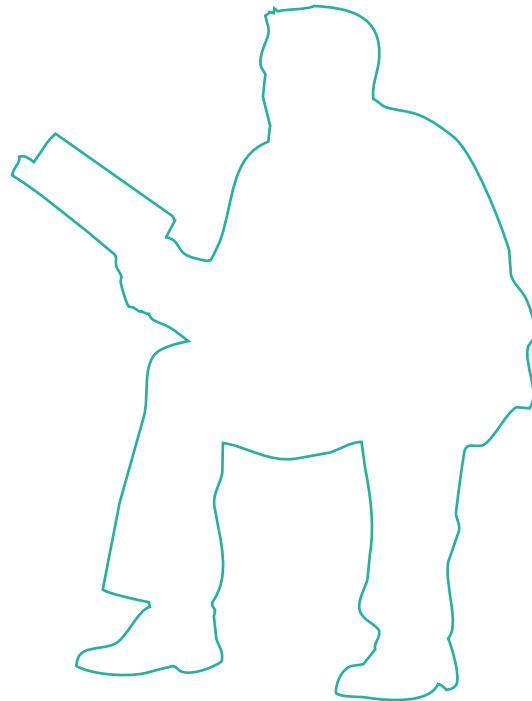
BulliesOut has a range of information booklets, flyers, posters and other literature that highlight key anti-bullying messages.

### Community Events

To enable us to raise awareness of bullying to the wider public, we attend many community events.

Our brightly decorated gazebo encourages the public to visit our stand enabling us to ensure our resources are accessible to as many as possible.

Where possible we will take the 'Hand of Courage' workshop to community events.



## Contact Us

For further information about our projects, costs or to request our information material, please contact us:

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## HOW YOU CAN HELP US?

- Volunteer with us
- Fundraise for us
- Make a donation
- Corporate Sponsorship
- Shop Online (using our unique link)
- Donate old mobile phones

Further initiatives can be found under the fundraising section of our website [www.bulliesout.com](http://www.bulliesout.com)

**e:** [mail@bulliesout.com](mailto:mail@bulliesout.com)

**t:** 029 2056 8947 (please note, this is not a helpline)

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