

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to Personal Development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Caring for Our Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education
for Health & Well-being

CHILDREN AND BULLYING

A COURSE FOR PARENTS

A short course
which uses an experiential group-work approach and will take your needs into account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Children and Bullying: A Course for Parents

Bullying is common

Bullying is widespread in our society. Many children are bullied, and so are many adults.

Bullying is serious

Bullying can have serious long-term effects both for those who are victims of bullying and for those who behave in a bullying manner. The victims of bullying often live in fear and misery. Confidence and self-esteem may be damaged and attitudes to work or study can be severely affected.

Mixed up attitudes to bullying

A lot of us have rather mixed attitudes to bullying. As well as feeling sorry for the person concerned, we may also be impatient and angry and blame him or her, thus making matters worse.

Parents supporting children

It is hard for parents to know how to help when their children are being bullied or when their children bully. Some parents play down its importance. Other parents try to ignore it, hoping that the children will "grow out of it". Some parents encourage the child to fight back, and still others want to do the fighting back themselves, with disastrous consequences. None of these reactions are much help to a child who is living in terror of a bully. Neither do they end the bullying, but at best just shift on to another victim.



What this course offer?

This course for parents offers no magic solutions, but it is designed to help parents become more aware of the issues involved in bullying, and more able to offer helpful support to their children. Some of the objectives of the course are to help parents to:

- Find helpful ways of dealing with their own stress and with the difficult feelings that may arise when their child is bullied or is bullying
- Explore the meaning of bullying from the point of view both of the person bullied and the person bullying
- Become aware of the impact of bullying on children
- Recognise the signs that indicate a child is being bullied
- Explore practical ways of helping their children when they are bullied or bullying
- Understand the importance of building self-esteem in the child and find practical ways of doing this
- Understand the nature of power and its use and misuse
- Find ways of empowering the child who is being bullied (without adding more pressure!)
- Explore what they can do to help lessen bullying in their community.

The approach of the course

This approach provides an opportunity for parents to support each other and share concerns. It is based on the belief that most parents are doing their best for their children but that exploring what seems to work or not work can make them more aware of what is going on and better equipped to deal with it. In this way the courses aim to help parents to empower themselves, and in turn to empower their children. Courses aim to strengthen their self-esteem as parents, rather than make them feel more inadequate. The courses will also try to help parents develop some techniques for lowering their own stress and managing it better. The courses will not consist of formal lectures but will be based more on informal discussion and inter-action, with appropriate inputs from the course leaders.

What will the group be like?

The group will be facilitated by one (on occasions two) facilitators who are trained facilitators with extensive experience in creating a supportive atmosphere and in helping personal learning. Courses can consist of anything from four to ten two-hour sessions, depending on the needs and wishes of the group. Groups will have from 12 to 16 participants.

Where are courses available?

If you are thinking of organising a group of twelve to sixteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.