

🕒 1 hour session

👥 40 participants per workshop



SOCIAL WORKSHOP

Understanding Bullying

In this workshop:

- ▶ Parents and caretakers learn the difference between bullying behaviours and everyday conflicts.
- ▶ They acknowledge the existence of confidence, discussing who has it, who has less, and how we can shift it.
- ▶ They discuss practical communication methods to engage their youth.

Presented by Brave Education



Resilient Learners: evaluate internal and external stressors, and implement social and mindfulness skills.

Want to support your children from home?

Check out our free and purchasable resources at
braveeducation.com/parents

