

🕒 75 minute session 👥 40 participants per workshop

SOCIAL WORKSHOP

Understanding Bullying

In this workshop:

- ▶ Parents and caregivers learn the difference between bullying behaviours and everyday conflicts.
- ▶ They evaluate an animated case study to apply their learning.
- ▶ They learn prevention strategies to reduce the chance of bullying happening and how to intervene if it occurs.
- ▶ They acknowledge the existence of confidence, discussing who has it, who has less, and how to instill confidence in their youth.
- ▶ They discuss practical communication methods to engage their youth.
- ▶ They learn our 3 communication steps: Walk Away, Talk Away, and Block Away.



Presented by Brave Education

Inspiring Resilience
through social and emotional skills

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