



Workshop

For people with intellectual disability

Friday 27th Sept 2013

10.30am to 3.30pm



This Anti-bullying Initiative is run by a group of self-advocates with the support of their Advocacy Development Officer. They believe that bullying for people who have an intellectual disability is very serious and needs to stop. The group have designed 3 workshops, 1 specifically for people who have an intellectual disability, the 2nd aimed at people that support people with an intellectual disability and the 3rd aimed at people that support persons with intellectual disabilities.

The group are made up of self-advocates (people with intellectual disabilities speaking up and speaking out for their rights), along with supporters and allies from all over Ireland.

The Objectives include:

1. Communicating to participants about the lived experiences and learned understandings of bullying from the perspective of those who are working members of the group
2. Providing a safe platform where participants can share their ideas and experiences about their understandings and experiences regarding bullying
3. Recognising and confronting bullying behaviors in themselves and others
4. Learning strategies on how to deal with bullying behaviours directed towards themselves and how to offer support to others
5. Bringing back their new learning's to others who they work or live with.

The group's experience is that

“People with intellectual disabilities who work with other people with intellectual disabilities get better results than when ‘able bodied’ people do it”

This training day is:

1. Driven by our members lived-experiences
2. Determined that people be aware and know of our right to be safe and not to be bullied
3. Motivated by the reality that people who have an intellectual disability are experts in regard to living their own lives.

Who should attend?

- **Any person** who has an **intellectual disability** who has an interest in stopping the cycle of bullying.

During the day, people taking part will be encouraged to:

- Recognise and confront bullying behaviour in themselves and others
- Learn strategies to deal with bullying behaviours directed towards themselves
- Learn strategies on how to offer support to others.

The program for the day will consist of large and small groups interacting in a comfortable and safe environment. Participants will be encouraged to:

- **Listen actively**
- **Engage in program activities**
- **Think about what they say**
- **Ask questions.**

Training tools used to illustrate key points and offer support to the process of the day will include role-play, group work sessions, open discussions, and visual aids such as DVD and PowerPoint.

- **There will be refreshments in the morning and afternoon.**
- **There will be a sandwiched lunch.**
- **Participants will receive a copy of our anti-bullying guide to bring away with them.**
- **Participants will get a certificate of attendance at the end of the days proceedings.**

Cost: participant €40

Cost: support staff €10

Important: Please take note that we have a policy that all people taking part on the will need to **arrive on time and stay until the workshop is finished.**

Please take note that this workshop is for **not aimed** at staff or parents. Only **participants** that **need support** to **take part** in the workshop will be able to **attend** the days proceeding.

Please do not hesitate in contacting us if you need any further information regarding this issue – weldonfi@tcd.ie

Participant numbers will be limited to approximately 14 participants, **closing date for completed booking forms is Monday 23rd September 2012.**

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Easy to read version



Workshop

	<p>Friday 27th September 2013</p>
	<p>Registration</p>
	<p>Starts at 10.30</p>
	<p>Finishes at 3.30pm</p>
	<p>The National Institute for Intellectual Disability, Trinity College Dublin.</p>
	<p>Facilitated by the national anti-bullying advocacy group</p>
	<p>People taking part in the workshop will need to arrive on time and stay until the workshop is finished.</p>

A chance to take part in the successful 'Stop Bullying Training Workshops'

	<p>By doing this workshop you will learn...</p>
	<ul style="list-style-type: none">• What bullying is
	<ul style="list-style-type: none">• What you can do to stop being bullied
	<ul style="list-style-type: none">• How to help others you see being bullied
	<ul style="list-style-type: none">• The importance of telling someone and making a complaint.