

# New Stop Bullying Workshop

Learning the skills to deal  
with bullying behaviours.



Aimed at people with intellectual  
disability

Date: Friday 1<sup>st</sup> March 2013

NATIONAL INSTITUTE FOR INTELLECTUAL DISABILITY  
NIID

TRINITY COLLEGE DUBLIN

National Anti-Bullying Advocacy Group

**NAAG**

## About the new workshop

This new one-day training initiative is a follow on programme from the very successful stop-bullying workshops that is ran by the national anti-bullying advocacy group (NAAG) for the past number of years. This program is very much driven by what participants have said and expressed the need for in relation to continuing their knowledge and skills in dealing with bullies.

It is aimed at all those people that have attended the first workshop on stop bullying. This new stop 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. Moreover they advocate that victims of bullying need to develop their confidence and skills to deal with bullying behaviours that affect the life they want to live.

Those people that have attended a stop-bullying workshop in the past have gained knowledge about what bullying is and have shared their ideas and experiences about bullying. They also have explored ways to deal with bullying behaviors

directed towards themselves and how to offer support to others.

These people have learned that bullying does not stop until the victim does something about it. They have also learned about the importance of telling somebody they trust.

Furthermore, they have been well versed that the person they tell must do everything in their power to stop it from happening again. The person you tell needs to be on your side no matter what.

Victims of bullying need to advocate their right to be safe and not to be bullied. They need to know about anti-bullying policies and practices that are in place to safeguard them from being bullied. They need to develop a strong sense of self that articulates self-belief and confidence.

The overall aim of this new workshop is to equip participants with the skills and knowledge to assert themselves around the issue of bullying.



National Anti-Bullying Strategy Group

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## **Learning objectives:**

- Become aware of, the skills to being a confidant person, walking tall.
- Become aware of, and understand the importance of codes of conduct and bullying policies that safeguard people from being bullied.
- Learn about the skills to assert themselves in making a complaint.

## **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 driven by past participants ideas and thoughts about how to further develop their skills to stop bullying.
- Takes credence from a piece of inclusive

research around bullying and people with intellectual disabilities in Ireland that the NAAG and the NIID completed this year.

- Commands people to become aware of and know of their rights to be safe and not to be bullied
- Is motivated by the reality that people who have an intellectual disability are expert in regard to living their own lives.

### **Who should attend?**

- **Any person** who has an **intellectual disability** and who has attended a stop-bullying workshop in the past 5 years.

The programme 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 discussions and 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 certificate of attendance at the end of the day's proceedings.**
- **Participants will receive a bullying information guide that was developed as a tool to provide information and advice about bullying for those people that have an intellectual disability in Ireland.**

Easy to read version



## Learning the skills to deal with bullying behaviours.

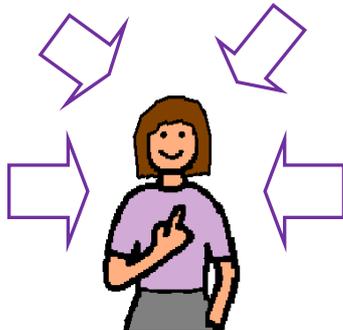
	Friday 1 <sup>st</sup> March 2013.
	Registration <b>10.15 am.</b>
	Workshop <b>finishes</b> at <b>3.30 pm.</b>
	The National Institute for Intellectual, 4 <sup>th</sup> Floor, 3 College Green, Dublin 2 <b>(Entrance on Dame Street to left of Starbucks).</b>
	<b>Participant: €40      Support staff: €10</b>
	Facilitated by the National Anti-bullying Advocacy Group (NAAG). <small>NATIONAL INSTITUTE FOR INTELLECTUAL DISABILITY</small>



People taking part in the workshop will need to arrive on time and **stay until the workshop is finished.**



**By doing this workshop you will learn...**



- About the importance of being a confident person



- About anti-bullying policies and practices



- Learn about assertion

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- Learn about the how's and whys to making a complaint