



Workshop

For persons that work in the area of
intellectual disability

Date: Friday 5th April 2013



Time: 10.15am to 4pm

Where: National Institute of Intellectual Disability 4th Floor, 3 College Green,
Dublin 2

This workshop is designed **specifically for and aimed at persons that work in the area of intellectual disability.**

This Anti-bullying Initiative is run by a **group of self-advocates with the support of their Advocacy Development Officer.** The group believe that bullying for people who have an intellectual disability is **endemic in the services they use and the community they live in.** They believe that bullying has to stop because it is destroying peoples lives.

The group have designed 3 workshops, 2 specifically for people who have an intellectual disability and the 3rd aimed at persons that support people with and intellectual disability.

The first workshop aims to teach persons with intellectual disabilities

- What bullying is
- What you can do to stop being bullied
- How to help others you see being bullied
- The importance of telling someone and making a complaint

The second workshop aims to teach persons with intellectual disabilities

- About the importance of being a confident person
- About anti-bullying policies and practices

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

The workshop is run by the National Anti-Bullying Advocacy Group who are self-advocates who are people with intellectual disabilities speaking up and speaking out for their rights.

The Objectives of the day include:

1. Communicating to participants about the **lived experiences and learned understandings of bullying from the perspective of people with an intellectual disability**
2. Discuss/explore **strategies that might help services** deal with bullying behaviours within services
3. Learn about the importance of **enabling service users** to make a complaint about bullying
4. Discuss the importance of **developing an easy-read bullying policy** that works for all its stakeholders
5. Bringing back their **new learning's** to others who they work or live with.

This training day is:

1. Driven by our members lived-experiences of bullying

2. Determined that people with intellectual disabilities be aware and know of their right to be safe and not to be bullied
3. Motivated by the reality that people who have an intellectual disability are expert in regard to living his or her own lives.

Who should attend?

- **Any person** who is in a supportive role and has a real interest in stopping the cycle of bullying for those that have an intellectual disability.

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 and openly**
- **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, group work sessions, open discussions, and visual aids such as DVD and PowerPoint.

Things to know about the workshop

It is very important that potential participants understand that this initiative uses a bottoms up approach to understanding the bullying phenomenon. The NAAG believe that both supports and users need to start working together to interrupt this endemic.

Defining bullying is a very difficult thing to do. But in its simplest form - if someone is teasing you, hurting your feelings, or just plain nasty to you, day after day, week after week, then you are being bullied and something needs to be done about it. People with an intellectual disability are three times more likely to be bullied than their counterparts. Supportive structures need to examine how they are keeping their consumers safe.

Different people believe different things about how bullying should be defined. But the NAAG believe that bullying is a “felt experience”, if you feel that you are been bullied, then it needs to be taken seriously. But support services are not listening. Participants from the very successful Stop Bullying Workshops have repeatedly said that no one is listening and there complaints are not taken seriously.

A recent study, into bullying and people with intellectual disabilities has found out that people with intellectual disability can live and work in more restrictive environments than their age-related peers; these environments, including day centres and residential settings, may promote a bullying culture.

To this end, the National Anti Bullying Advocacy Group wants to interrupt this divesting phenomenon by running a workshop that is aimed at those that support them. They want supportive structures to start engaging in real listening. What people with intellectual disabilities have to say is really important.

Cost of workshop is **€50**

Tea/coffee and a **sandwiched lunch** will be provided on the day.

Important: To secure a place you will need to fill out the attached booking form with payment to Fiona Weldon in the National Institute for Intellectual Disability. See booking form for address details.

If you have any queries regarding the workshop please e-mail

Fiona Weldon at weldonfi@tcd.ie

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

Please take note that this workshop is for **not aimed** at service users.