

# **ANTI-BULLYING TOOLS AND RESOURCES FOR PARENTS: PROTECT YOUR CHILDREN AND SUPPORT SAFE SCHOOLS**

## **Unit 3: RESPONDING TO BULLYING**

## **Introduction**

This unit forms part of Module 3 which aims to equip Parents with the necessary knowledge, tools and competences to effectively and efficiently manage bullying episodes their child may face.

This unit has been designed for face-to-face delivery and will take the form of a workshop to be implemented with a minimum of 10 parents with children aged between 6 and 14.

**Duration:** This workshop will be 2 hours in duration.

## **Unit Overview:**

This unit is divided in two parts. The first part provides parents with tools to combat bullying and help them to support their children. The second part of the unit is dedicated to the issue of cyberbullying.

This has been included as a separate half of this unit, because it is important not to underestimate cyberbullying since it often requires different strategies than tackling traditional forms of bullying.

In this section, the main platforms which are currently being used by young children and adolescents to message each other – i.e. Snapchat, Instagram, Tinder, Tumblr and Whatsapp, are all introduced so that parents gain an insight into what their children can be engaged with online. This section also profiles platforms which contain inappropriate content which young people might be accessing, i.e. Vine, Tumblr, Tinder, etc.

## **Learning Objectives:**

Upon completion of this Unit participants should be able to:

- Understand how to react appropriately to bullying
- Support children in the right way
- Know how to work with children to prevent cyberbullying and how to respond effectively when it occurs.

## **Unit Sections:**

1. Introduction;
2. How to react to incidents of bullying;

3. How to support your own child;
4. Focus on cyberbullying;
  - 4.1 Why is cyberbullying so dangerous for children?
  - 4.2 Introduction to social media platforms;
  - 4.3 How to effectively deal with cyberbullying as a parent.

### Lesson Plan for Module 3 Unit 3:

<b>Duration</b>	<b>Activity</b>	<b>Description</b>	<b>Materials to be used</b>
15 minutes	<p>Welcome and Introductions: Tutor will conduct a short ice-breaker exercise (10 minutes)</p> <p>Introduction to the workshop: (5 minutes)</p> <ul style="list-style-type: none"> <li>- Introductory slides in the accompanying presentation which introduce the unit overview, objectives and various topics covered;</li> <li>- Follow with a short question &amp; answers session.</li> </ul>	<p>The tutor introduces themselves, provides a brief summary of their experience and expertise in parenting training and performs a quick ice-breaker to put the group at their ease. The tutor also asks the parents to sign the attendance list at this point.</p> <p>The tutor introduces the unit and provides some information on the aim, learning objectives and sections covered in the unit.</p> <p>During the presentation the tutor will ask parents to clarify if something is not clear and will answer any arising questions.</p>	<p>ComBuS_Ice-breaker_1_String a Story</p> <p>ComBuS_Attendance sheet.doc</p> <p>ComBuS_Module 3 Unit 3_PPT_slides 2 &amp; 3</p>
15 minutes	<p>Reacting to bullying &amp; Supporting your own child (20 minutes)</p> <ul style="list-style-type: none"> <li>- Tutor gives a formal input to the group using PPT to introduce appropriate responses to bullying incidents and how to support your child through a bullying episode regardless of their role in the bullying.</li> </ul>	<p>The tutor will use the accompanying presentation (slides 4 to 8) to introduce the topics of reacting appropriately to bullying instances, and supporting your child during a bullying incident, regardless of their role in the bullying. (10 minutes)</p> <p>The tutor will follow this with a short questions &amp; answers session. The tutor will ask the group to brain-storm what you could say to your child if they were a bully victim, perpetrator or bystander. (5 minutes)</p>	<p>ComBuS – Module 3 Unit 3_PPT_slides 4 to 8</p> <p>Flipchart and marker for brain-storm activity and group Q&amp;A</p>

<b><i>Duration</i></b>	<b><i>Activity</i></b>	<b><i>Description</i></b>	<b><i>Materials to be used</i></b>
15 minutes	<p>Role play exercise &amp; feedback</p> <ul style="list-style-type: none"> <li>- Parents take part in two short role playing exercises; (10 minutes)</li> <li>- The tutor then asks them to provide feedback on how the different scenarios made them feel as both the parent and the child. (5 minutes)</li> </ul>	<p>The tutor introduces two simple role play exercises.</p> <p>Using the scenarios which are outlined in the accompanying PPT presentation (slide 9), the tutor invites the group to split into pairs for the first role play exercise and take turns acting out the scenarios. For the first exercise, one parent should assume the role of the adult and one should play the role of the child, and then they should swap places when acting out all 3 Parent Responses. This is so that they can understand bullying from the perspectives of the adult and the child.</p> <p>For the second exercise, split the group into two groups of 5 and introduce them to the role play exercise on slide 10 of the accompanying PPT.</p>	<p>ComBuS_Module 3 Unit 3_PPT_slides 9 &amp; 10</p> <p>Flipchart and marker for feedback and group discussion.</p>
15 minutes	<b><i>Tea &amp; Coffee break</i></b>		
15 minutes	Focus on Cyberbullying	<p>The tutor gives a formal input to the group by making a short presentation which introduces the topic of cyberbullying and its impact on children and young teens. (10 minutes)</p> <p>This is followed by a short Questions and Answers session where the tutor answers any queries the parents may have regarding social media (5 minutes)</p>	<p>ComBuS_Module 3 Unit 3_PPT_slide 11 to 14.</p> <p>Flipchart and marker for Q&amp;A session.</p>

<b>Duration</b>	<b>Activity</b>	<b>Description</b>	<b>Materials to be used</b>
20 minutes	Introduction to Social Media	<p>The tutor gives a formal input to the group by introducing the most popular social networking apps and platforms which children and teenagers are accessing today. (15 minutes)</p> <p>Following this presentation, ask each parent to reflect on which platforms they know their child is active on, and ask them to discuss informally in pairs how they could better monitor their activity on this platform or app. (5 minutes)</p>	ComBuS_Module 3 Unit 3_PPT_slide 15 to 21.
10 minutes	Dealing with Cyberbullying as a Parent	<p>The tutor gives a formal input to the group by delivering a short presentation which aims to advise parents on how best to monitor their child's activity online and how to deal with instances of cyberbullying.</p> <p>The tutor also distributes copies of Handout 1 to the group which offers concise advice on keeping their child safe online. (10 minutes)</p>	<p>ComBuS_Module 3 Unit 3_PPT_slide 22 to 25.</p> <p>ComBuS_Module 3 Unit 3_Handout 1.</p>
15 minutes	Group Activity	The tutor splits the group into 2 smaller groups, and asks them to discuss their child's use of social media. The group are then asked to draft up a list of 10 rules which their child should follow to stay safe online. These rules could include what age they should start with social media at, how many hours per day, things to avoid, which platforms are	2 x Flipchart and Markers (one for each group)

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		<p>suitable, etc. In this way, each parent will leave the session with a set of 10 ground rules which they can try out at home to keep their child safe online. (10 minutes)</p> <p>This is followed by a feedback session, where each group is given 2 minutes to present their rules and discuss. (5 minutes)</p>	