

Bullying Prevention Workshop



What to expect:

A short puppet show (10 minutes) with Eddie and Claire followed by an interactive workshop. Workshop includes a power point with information, videos, and improvisation for a few volunteer students. Total workshop time: 60 minutes.

Key Program Points:

- Definition of Bullying: Bullying is being mean on purpose to have power or control over someone else. Difference between mean, rude, and bullying.
- Definition of Harassment
- Bullying is a behavior, and anyone is capable of choosing to act like a bully, or choose kindness instead. We encourage students to choose kindness.
- Everyone should feel safe going to school.
- Cyberbullying is harmful and pervasive. There are ways to address cyberbullying.
- What to do if you witness Bullying happening to someone else: Be an Upstander! How Upstanders can help to stop bullying and shift the power.
- What to do if Bullying is happening to you:
 - Talk to an adult—you should have at least 3 adults on your “list” you can talk to. If the first adult doesn’t get you the help you need, talk to the next adult on your list
 - Walk away and walk to someone or somewhere safe
 - Be assertive
 - Be a skipping CD
 - Bore the bully with questions
 - Use humor
 - Violence is never a solution

Resources:

<http://www.vermontfamilynetwork.org/wp-content/uploads/2013/12/Bullying-Harrassment-Final-2013.pdf>

<https://www.vtlegalaid.org/sites/default/files/VT%20Bullying%20Harassment%20and%20Discrimination.pdf>



For more information about our programs or ways we support families, please visit VermontFamilyNetwork.org or PuppetsInEducation.org or call (800) 800-4005

