The Bullying Prevention Session is a workshop play, presentation and discussion on the topic of bullying behaviour for secondary school students. Written and presented by Peadar Donohoe, BA, MEd and Trinity School of Education Researcher on the use of Drama Techniques for Bullying Awareness and Prevention.

The Bullying Prevention Session aims to raise learner awareness about bullying by looking at:

- **What bullying is**
- **The forms** it can take such as cyber bullying, social and relational exclusion, verbal, physical, gesture and extortion
- **The Roles played** by those who actively and passively contribute to bullying incidents by bullying, following, supporting, purposely ignoring, looking on and possibly defending
- **The impact** of bullying on the targeted person and the person who is doing the bullying

Ultimately, The Bullying Prevention Session has three goals to:

- Challenge attitudes about bullying
- Involve students in creating strategies & tools to effectively curb bullying in their school
- Share current research knowledge about bullying and its effects on young people

"Excellent portrayal of difficulties faced by young people in our school. Very energetic and the kids were enthralled. Well done!" - Padraig O’Sullivan, Cork teacher.

**The Show**

The Bullying Prevention Session is performed and presented by Peadar Donohoe, BA, MEd and Trinity School of Education Researcher on the use of Drama Techniques for Bullying Awareness and Prevention.

**Amber Flag**

Cyclone Rep is honoured to be part of the AMBER FLAG campaign. The team at Suicide Aware together with project partners, the Institute of Guidance Counsellors, have developed the Amber Flag as a tool that will encourage people of all ages to work on positive mental health. The Amber Flag Initiative provides a framework to develop and promote positive mental health. A school or organisation will undertake three tasks to earn the Amber Flag accreditation. Cyclone Rep's Bullying Prevention Session counts as one of these tasks – for more information visit www.cyclonerep.com and www.suicideaware.ie.

**Cyclone Rep in partnership with The Everyman presents The Cyclone Rep Sessions**

The primary goal of the Cyclone Rep Sessions is to help Junior and Leaving Certificate learners in their understanding of Shakespeare's masterpieces and the poetry of prominent poets. This year we are offering The Romeo & Juliet Session, The Merchant Session and The Julius Caesar Session, The Othello Session, The Macbeth Session and The Poetry Session.

The Cyclone Rep Sessions are entertaining and engaging student-centred performances that include a scholarly review clarifying the main themes and topics as well as discussions with the students and opportunities for participation. The Cyclone Rep Sessions have been highly lauded as an ideal way to present curriculum texts to learners:

"I just thought it was absolutely brilliant. My students loved it all. They were so engaged with the plays. The actors had a great rapport with the students." - Mary O’Kane, Donegal teacher reviewing The Macbeth, Merchant and Romeo & Juliet Sessions.

"The most enjoyable school production I have seen and I am teaching for 22 years." - Anna Henry, Mayo teacher giving feedback on The Macbeth Session.

"Brilliant, enjoyable and thought provoking" - Tracy Irish from The Royal Shakespeare Company Education Department commenting on The Merchant Session.

**Tickets**

**The Bullying Prevention Session**: €10 per student / teachers are free
**Shakespeare Sessions**: €14 per student / teachers are free
To book / more info please contact our sales team on:
021 - 235 5356 / 085 - 858 5502 / maev@cyclonerep.com
For more reviews, teacher/learner resources, video clips and further information please visit our website: cyclonerep.com

The BPS Primary is aimed at 3rd-6th classes. It looks at identifying bullying and getting pupils involved in finding prevention solutions.

For more information on the pilot tour of BPS Primary, please contact Cyclone Rep.
What is bullying?
Bullying is defined as unwanted negative behaviour, verbal, psychological or physical conducted by an individual or group against another person (or persons) and which is repeated over time. - Department of Education and Skills (2013)

Types of Bullying

Verbal: Name calling, teasing, slagging, abusive language which can include comments on how person looks and/or clothes, where someone comes from, their family, race and/or accent, gender, sexuality, religion, disability

Physical: Pushing, shoving, grabbing, hitting, punching, kicking, hair-pulling, scratching, spitting, tripping, damage to personal property

Relational/Social Exclusion: Isolating a person by preventing her/him from joining in games, school activities and other social activities, cold shouldering/purposely ignoring, spreading false rumours, malicious gossip and/or nasty notes, speaking negatively about them while in earshot, offensive graffiti in toilets, lockers, etc.

Gesture: Non-verbal aggression which can include: the cold stare, dirty looks, eyes rolling up to heaven (to show contempt), looks that could kill, mocking behaviour, signals that “you’re going to get it”

Extortion: Demands/threats for money, possessions or equipment, blackmailing someone to engage them in anti-social acts, forcing a person to do things against their will, damaging another’s property on purpose

Identity-based: Targeting a person based on their sexuality, disability, special educational need(s), religion or because they are a member of travelling community

Cyberbullying: Text messages, calls, online chat rooms (i.e. Facebook, Ask.fm, Spillit), Youtube clips, Twitter, Blogs. People say things in texts or online that they might never say in person. This is called the online dis-inhibition effect. It can be a precursor and/or follow on to non-virtual bullying. It can happen at any time, any place (24/7). Victims don’t think they can escape. Often kids don’t tell adults, because they worry that they will take their phones or computers away. So, they suffer alone.

What actions can you take to prevent bullying?

- Don’t join in or support bullying
- Catch yourself in the act of bullying and stop
- Defend a targeted person
- Report bullying to a teacher, principal or someone in authority
- Talk to someone: parent, friend, helpline
- Maintain an incident log book
- Send an anonymous letter to reporting mailbox or secretary’s office

What has proven effective in preventing and stopping bullying?

A school-wide approach that includes:

- Clear procedures in dealing with bullying incidents: consistent recording and investigation
- Students reporting bullying perceive staff as attentive, sympathetic and effective
- Effective leadership
- Students participating in a dialogue about bullying and involved in creating intervention strategies

- Meitheal Leaders
- Mediation
- Ongoing evaluation of the schools anti-bullying policy and bullying prevention methods
- Parental involvement

Helpful Phone Numbers and Links

Anti Bullying Campaign
Toolkit for secondary schools
www.antibullyingcampaign.ie

Stopbullying.gov
A Facebook dedicated to helping young people deal with bullying

Child line
24hrs, 365days free phone
1800 666 666 / www.barnardos.ie

Suicide Aware
www.suicideaware.ie

National Parents Council
01-8874477 / www.npc.ie

Samaritans
24hrs, 365days free phone
1850 60 90 90 / www.samaritans.org

Institute of Guidance Counsellors
www.igc.ie

Belong (LGBT site)
www.belongto.org

Anti-bullying Centre
Trinity College & Dublin City University / www.abc.tcd.ie and www.dcu.ie