the Bullying Prevention session

An Interactive Play, Presentation and Workshop on School Bullying

Performed & Presented by: Cyclone Rep

Supported by: Everyman
Guidance Counsellors, have developed the Amber Flag as a tool that will help organisations actively promoting positive mental health! The team at Suicide Aware together with project partners, the Institute of Education Researcher on the use of Drama Techniques for Bullying Awareness and Prevention.

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.cyclonerep.ie

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

The Bullying Prevention Session has had highly supportive feedback from teachers:

"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.

"Excellent Drama. Very well put together. Students thoroughly enjoyed it and learned from it." - Seamus Leahy, Limerick teacher.

### What actions can you take to prevent bullying?

- **Don’t join in or support bullying**
- **Catch yourself in the act** 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?

- **Clear procedures in dealing with bullying incidents:** consistent recording and investigation
- **Students participating in a dialogue** about bullying and involved in creating intervention strategies
- **Ongoing evaluation of the schools anti-bullying policy and bullying prevention methods**
- **Parental involvement**

### Types of Bullying

**Verbal:** Name calling, teasing, slapping, abusive language which can include comments on how people look 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, closing personal space to intimidate

**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.

**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, Splitit), 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-visible bullying. It can happen at any time, anywhere.

### 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.isic.ie

**Belong (LGBT site)**
www.belongto.org

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

### Cyclone Rep

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 and teachers are free

**Shakespeare Sessions:** €14 per student and teachers are free

To book/more info please contact our sales team on:

021 - 235 5356 / 085 - 850 5502 / maev@cyclonerep.com

For more reviews, teacher/learner resources, video clips and further information please visit our website: www.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.

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According to consultant psychiatrist, Dr John Hillery, "Positive mental health starts with what we do ourselves. Building healthy communities is about individuals looking after their own health and working together to encourage others to do the same."