Let's Stop Bullying

8-Week Course

Using LEGO® SERIOUS PLAY®

Starting Monday 25th March

St. Patrick's Campus
Dublin City University
Introduction

Research is telling us that bullying for a lot of people who have an intellectual disability is a very serious problem and it needs to stop. The impact of bullying on this group is both cumulative and devastating. It happens in both the services they use, and, in the communities, they live in. Victims of bullying have become socially withdrawn and may be forced out of their own communities. Moreover, disablist bullying (bullying because of a disability) is a growing problem and it effects are damaging people’s life chances of ever living an ordinary life.

This training course is the outcome of many years of sit down conversations with people with intellectual disabilities, their supporters and family members. It is driven by what past participants of the stop bullying workshops have said and expressed the need for in relation to continuing their knowledge and skills in dealing with bullies.

The course is aimed at persons with an intellectual disability coupled with a family member or direct support worker that has in interest in learning about bullying and how to stop it from happening.
The overall aim of this course is to empower participants to take a leading role in interrupting the cycle of bullying for all those that have an intellectual disability.

By the end of this course each learning couple will be equipped with the knowledge and skills to influence change around the issue of bullying with their peers and fellow workers.

The learning objectives of this course include:

• Understand what bullying is and become aware of the differences between anger, conflict and bullying

• Understand what cyber bullying is and the many different ways that it can happen

• Understand what relationship bullying is and how it can manifest within environments that are restrictive

• Understand the relationship between bullies, victims and bystanders and come to realise that bullying is a group issue
• Understand what to do and how to deal with bullying behaviors directed towards themselves and how to offer support to others

• Learn about the importance of self-esteem and keeping mentally healthy

• Learn about problem solving and the many ways that we can help ourselves to work out our daily living relationship difficulties

• Learn the importance of the right to making a complaint

• Learn the importance of anti-bullying policies within support services and how they should work for all involved.

The training days will be:

• Driven by the lived, learned and felt experiences of our advisory group (people with intellectual disabilities)
• Determined that people be aware and know of their right to be safe and not to be bullied
• Motivated by the reality that if a person who has an intellectual disability feels bullied then it needs to be taken seriously and something needs to be done.

The program for the training days will consist of large and small groups interacting in a comfortable and safe environment. Each person will be encouraged to:

• Listen actively
• Engage in program activities
• Think about what they say
• Ask questions
• Use Lego to build models that relate to the topic being taught.

Training tools used to illustrate key points and offer support to the process of the days will include role-play, group work sessions, open discussions, and visual aids such as DVD and PowerPoint. Lego Serious Play will also be used to support imagination, creativity and to consolidate learning.

The course will be broken down into **8 day 4 1/4-hour sessions with a 45-minute break for lunch**. Learning couples will be expected to present their new knowledge to a group that
is made up of their learning peers at graduation ceremony held in December 2019.

N.B - Please take note that lunch will not be provided but can be purchased on campus.

N.B - Participants will be expected to complete homework each week. This will take approx. 1 hour or less per week. At the end of the course participants will be also expected to showcase their learning by creating a poster.
<table>
<thead>
<tr>
<th>Week No</th>
<th>Date &amp; Time &amp; Room</th>
<th>Learning Content</th>
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</thead>
</table>
| Week 1  | Date: 25th March  
Time: 10:00-15:00  
Where: St Patrick’s  
Campus  
**Room no:** SPD.E301 | What is bullying and what is not bullying. What is anger, and conflict. What are the differences between conflict and bullying |
| Week 2  | Date: 1st April  
Time: 10:00-15:00  
Where: St. Patrick's  
Campus  
**Room no:** SPD.E301 | What cyber bullying is and the many different ways that it can happen |
| Week 3  | Date: 8th April  
Time: 10:00-15:00  
Where: St. Patrick's  
Campus  
**Room no:** SPD.E301 | What relationship bullying is and how it can manifest within environments that are restrictive. The importance of behaviours that help us to get on with others |
| Week 4  | Date: 15th April  
Time: 10:00-15:00  
Where: St. Patrick's  
Campus  
**Room no:** SPD.E301 | Who are bystanders and how they help bullies to bully? Victims “v” targets |
| Week 5  | Date: 29th April  
Time: 10:00-15:00  
Where: St. Patrick's  
Campus  
**Room no:** SPD.E301 | Bullying and feelings, respect and the importance of empathy Dealing with bullying behaviors and how to offer support to others |
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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Time</th>
<th>Where</th>
<th>Room no</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 6</td>
<td>7th May</td>
<td>10:00-15:00</td>
<td>St. Patrick's Campus</td>
<td>SPD.FG10</td>
<td>Understanding self-concept</td>
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<td>Elective – can be run if participants want it</td>
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<td>Week 7</td>
<td>13th May</td>
<td>10:00-15:00</td>
<td>St. Patrick's Campus</td>
<td>SPD.FG10</td>
<td>Keeping mentally healthy</td>
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<td>Elective – can be run if participants want it</td>
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<tr>
<td>Week 8</td>
<td>20th May</td>
<td>10:00-15:00</td>
<td>St. Patrick's Campus</td>
<td>SPD.FG10</td>
<td>Problem solving techniques and the many ways that they can help us to work out our daily living relationship difficulties</td>
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<tr>
<td>Week 9</td>
<td>27th May</td>
<td>10:00-15:00</td>
<td>St. Patrick's Campus</td>
<td>SPD.FG10</td>
<td>Making a complaint and the barriers to doing it</td>
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<tr>
<td>Week 10</td>
<td>28th June</td>
<td>10:00-15:00</td>
<td>St. Patrick's Campus</td>
<td>SPD.E203</td>
<td>Anti-bullying policies within support services and how they should work to keep people safe</td>
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<td>Review of learning</td>
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Booking details

Cost of completing this course is €240 per learning couple - €120 each

Max – 12 persons with intellectual disability

Starting date: 25th March 2019

Venue: St. Patrick's Campus, Dublin City University

Booking steps:

Email Geraldine – geraldine.kiernan@dcu.ie to book a place

1. Please give full details including your name, service and the number of learning couples that you want to book in for course

2. Payment can be made either by cheque or direct bank transfer – see below

Bank transfer details

Please Reference: ABC Subcost: S30043 when making payment.

Bank details: AIB Bank
Account number: 91765-215
National sort code: 93-20-86
IBAN: IE88AIBK93208691765215
BIC/SWIFT: AIBKIE2D

Cheques to be made payable to the anti-bullying research and recourse centre DCU
N.B - Please take note that payment must be received before start of course

NB - Please take note that it is vitally important that the person who is supporting the person with intellectual disability must have a very trusting and respectful relationship.

NB – a max of 3 persons with intellectual disability per 1 support person is allowed unless person with intellectual disability has the ability to work independently.