

Bullying **I**ntervention **T**raining



Kidscape is offering a new FREE 3 hour Bullying Intervention Training programme (B.I.T.) for schools and other professionals.

Funded by the Department for Education, the training will support you in meeting the proposed changes to the Ofsted inspection process by preventing and responding to bullying.

How does it work?

Training is given to professionals around skills to keep young people safe and improve their confidence levels, which they then cascade to young people (aged 13 -16) who have been, or who are at risk of being bullied.

What does the training cover?

Interactive workshops, case studies and role plays that include; identifying signs and symptoms of bullying, practical tools (fogging/ creative responses/ body language) for bullied young people to protect themselves and tools for 'bullies' that include managing aggression, friendship skills and 'chill out' techniques.

Who can access the B.I.T training?

The training is suitable for school teachers, other school support staff, youth workers, health workers and other adults who work with young people.

All training, resources and support is provided free of charge, so that each participant can cascade the training through a one half day workshop with young people within the next term.

Kidscape is a charity with 26 years experience of anti- bullying and child protection training and provides extensive support for parents and children.

For more information and to secure a booking for training from September 2011, please contact:

Julie K Wilkinson B.I.T. Co-ordinator & Regional Trainer for London and South East

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www.kidscape.org.uk/bit

Why should I take part in the training – what are the benefits? The focus of anti-bullying work is often identifying the problem – this programme offers a solution focussed approach which will have real benefits to young people. Using easy to learn, proven tools, it offers a preventative approach which improves the well being of young people, enabling them to engage better in education. It offers tangible evidence of proactive anti-bullying work which can be highlighted in Ofsted inspections etc.

Why do we have to commit to cascading the training to young people? It is an established fact that young people benefit directly from practical sessions. Impact comes from the direct cascading to young people who can then put the principles into practice in their daily lives.

Which young people can we target to cascade the training to? The focus is on young people who have either been involved in bullying or are perceived to be vulnerable either to being bullied or displaying bullying behaviour. It is an established fact that nearly 50% of all young people have experienced bullying at some point. The commitment is to cascade the training to young people aged 13 – 16. The training is also appropriate for cascading to student mentors of all ages who are involved in Anti-Bullying Peer Mentoring schemes.

When and how does the training take place? Where possible the organisation requesting the training will host the training, but alternative venues can be booked. The training options can be flexible and be during the day, twilight or a weekend session where requested.

How do we know it has worked? Evaluation tools will be used to determine the perceptions and experiences of young people both before and after the training to measure the impact of the B.I.T. training.