



Bullying Toolbox

The Caterpillar Mediator

In essence Curly is a mediator. Everything he does is from that skills base.

The role of mediator is used more and more these days in all walks of life. It is proving to be the most successful type of conflict resolution intervention. So, why do they work?

Listening: When we listen we find out more about what has happened. It can take a while for a child, or an adult, to tell the full story of what they think and how they feel. Listening also helps the other person feel valued, which in turn helps them to calm down.

Does not Judge: If we judge other people we lose the opportunity to learn more about what has happened and also make the other person defensive towards us.

Judging others also stops the building of trust which is critical to any agreement.

Asks Good Questions: One of the core functions of a mediator is to help new thinking to happen. This is required for the parties to move from confrontation to collaborative problem solving. Asking questions which are open and non-judgemental help this happen.

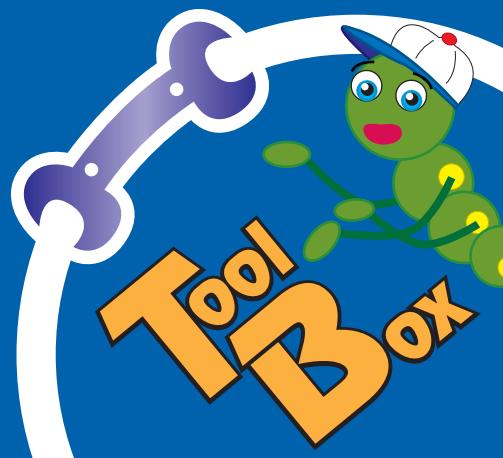
Understands: Trust is the core to any mediation process and understanding what people are going through is key to this. Mediators do not need to agree with either side. Their understanding comes from understanding the experience that the parties are going through.

Helps finds solutions: The role of mediator also focuses on trying to reach a mutually beneficial agreement. This can be hard for kids to do first time but stick with the process and they will learn. The process is designed to be future focused and encourages participants to think in a new way. It works because they do it themselves and go through the thought process required to make a sustained agreement.

Curly models a lot of ideas you can use yourself. The books show you how these skills can help children change themselves. Have a go yourself and see you get on.

For more information on Bullying visit us at

www.ResolvingBooks.com





The Poem “Bullies”

This poem is about how the Bully hopes they are seem but in actual fact what the truth really is.

Bullies behave the way they do for many reasons. Difficulties and home or in school can lead to such behaviour. If the bully is not challenged appropriately and given support and help to change, things can get worse for them as they get older.

Bullies seem big and powerful to the bullied but they are not. They need help to change and improve their ability to make friends.

Listening and Talking

These two pages show a sequence of questions. This shows how questions can help somebody to open up and talk.

Questions that start with **What, Where, How and When?** are called open questions. They are open to many types of answers unlike closed questions which lead to ‘yes’ or ‘no’ answer.

It can be difficult for children to answer questions like ‘What did you think when he did that?’ Give them time to think about it.

What to do

These pages have ideas of what to do when you are bullied.

It might seem unfair that it is often the one who is the victim who also has to do something to improve there situation. Should it not be up to the bully to make amends? Well, yes, but when we can do something ourselves it empowers us.

We feel as if we are taking our lives back when we do something for ourselves, no matter how small.

www.childline.ie

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What Can Parents/Adults Do?

Finding out that your child is being bullied is a very worrying thing for parents. It is hard to know what to do.

Helping our children to recognise what bullying is and why it happens can help protect them from the worst effects.

If your child is being bullied, be confident when you talk to them. Let them know that you believe that they can sort this out and you will help them all the way.

Help them talk about what they can do and practice with them at home.

Make sure you spend doing other things together so that it is not all about the bully.

Strong Words

It can be helpful to practice a few stalk phrases with your child. It is always better for them to have something that works in their own words.

Once they have thought of a few phrases of their own, practice them in the mirror or draw a picture of the bully and practice it directly at the picture.

I don't like what you are doing

Stop!

No. Leave me alone!

Go away

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What should I Do If I See Someone Else Being Bullied

It is very hard for other children to know what to do. They do not want to gain the attention of the bully and find it difficult to intervene.

Organisations like schools and youth clubs etc need to have strong anti-bullying policies. The definition of what bullying is, what to do about it and the consequences that will happen if you are caught doing it need to be clearly understood at all ages.

A lot can be done to prevent bullying develop as a problem in our society but unfortunately we do not challenge bullying behaviour as much as we should. It is only through educating ourselves and our children that we can make a difference.

For more information also see: www.abc.tcd.ie

Learning to be Strong (Rehearsal Room)

Practice is the cornerstone of any new learning. There is an old saying used by performers: 'It is 1% inspiration and 99% perspiration'.

Musicians and sportspeople have training routines that they do everyday. These are built on small exercises that are repeated over and over again. The repetition trains the brain. Slowly the brain rewires to become better for the task in hand.

Neuro-plasticity is the term used by neuro-scientists to describe how the brain changes to facilitate new skills. This can be promoted in our brain through what is commonly known as 'brain training'.

The Rehearsal Room in these books are designed to help this process. Learning from our mistakes and trying to make mini life changes can slowly lead to big changes.

Don't expect your child to change overnight. Stick with it, stay calm and encourage your child to try again.

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