

Sticks and Stones may break my bones, but WORDS can really hurt me....

John Innes Conference

18 November 2011

8.45 am. – 3.35 pm

Workshop choices

Below is a list of workshop choices for the morning and afternoon slots at our conference. You will need to choose one workshop from the morning and the afternoon session i.e. one from A list and one from B. Once workshops are full we will advise so that alternative choices can be made:

Morning workshops are A 1 - 5

A1 Restorative approaches in Norfolk Schools - Lisa Cook (Head-teacher, St Edmund's Community Foundation School) Kirsten Cooper (Restorative Approaches Development Manager, Norfolk County Council Children's Services)

This workshop will begin by exploring how restorative approaches are being used across Norfolk, in different arenas and by different agencies in order to build, maintain and repair relationships.

We will focus on St Edmund's Community Foundation School, King's Lynn where the commitment to restorative approaches have helped the school to improve attendance, reduce exclusions and hit floor targets in Maths and English for the first time. Relationships between staff, between staff and pupils and between pupils have significantly improved.

A2 Cyberbullying – its effects and consequences and how to deal with them – Charlotte Aynsley, Beatbullying

This workshop will explore cyberbullying – how and why young people bully one another and the effects and consequences it has on them. It will highlight prevention and management techniques and how schools and other organisations have implemented Beatbullying's CyberMentors programme. It will examine the different forms of communication cyberbullying can take and the methods young people use to bully each other online.

A3 Exploring communication tools and strategies for children with special needs. Adrienne Katz, Director of Bullying Intervention Group (BIG) & Sandra Money, Fred Nicholson Special School

This workshop will showcase some examples of practical tools to enhance communication. Working in small groups, attendees will also contribute their own practice examples - rate the success they have with each type and formulate a list of their priorities in communication.

We propose to show a video clip of Persona dolls, explore Mencap's 'Am I making myself clear?' guide, discuss the 'Protect Me' programme used at Fred Nicholson Special School and provide handouts with a range of ideas.

A4 Kidscape ZAP assertiveness training for bullied children Rita Adair, Senior Educational Psychologist

To reduce the likelihood of being bullied, we need to develop certain skills. This workshop will look at some basic skills that can be taught to targets of bullying. It draws from basic assertiveness work and the ZAP assertiveness training run by Kidscape.

Targets of bullying need in their Toolkit:

- To feel good about themselves
- To consider safe distances
- Be aware in their environment
- Use eye contact effectively
- Present as confident in their body language
- Learn how to say 'NO!' loudly
- Consider effective ways of responding to situations, for example
 - using the Broken record/scratched CD method
 - Be able to use 'fogging' techniques for name calling
 - Develop creative ways of responding to nasty comments
- Understand what makes a good friend

These skills can be taught individually or in groups/classes.

At the end of the workshop you will be able to provide anyone who is bullied with the skills they need to protect themselves. Children and adults who use these skills regularly are less likely to become targets of bullying.

A5 Using technology to help children communicate Access Through Technology team

Come and see the sort of technology that can be used by children with communication difficulties. Access Through Technology is a support service within NCC Children's Services who work with Health to identify the technology that can help children who need assistive technology to communicate. This allows children who may have difficulty to express their thoughts and feelings. Come and learn who we are, what we do and how schools can access us.

Afternoon workshops are B 1 - 5

B1 Working with the Police to make schools safer - Peter Merry – Head of Criminal Justice Service for Norfolk and Suffolk Constabulary & Sergeant Tim Horrobin – Safer Schools Manager Norfolk Constabulary.

How the Police have used Restorative Justice within schools to reduce re-offending, re-educate and reduce bullying. Officers working in schools will be present to give case studies of good practice and answer any questions, for example when to involve the police.

B2 Cyberbullying – its effects and consequences and how to deal with them – Charlotte Aynsley, Beatbullying

This workshop will explore cyberbullying – how and why young people bully one another and the effects and consequences it has on them. It will highlight prevention and management techniques and how schools and other organisations have implemented Beatbullying's CyberMentors programme. It will examine the different forms of communication cyberbullying can take and the methods young people use to bully each other online.

B3 Anti-bullying and ASD: How is it different and how can we help? - Anna Pearson (ALST), Hilary Goodfellow (ALST), Sue Sengupta (EPSS SSA ASD) and Julie Stewart (EPSS SSA ASD)

We will visit the key elements of an autistic profile and highlight areas that could make an individual with ASD vulnerable to being bullied and also, in some instances, to being the bully.

We will outline a range of ASD friendly strategies and practical resources to support an ASD child in school.

B4 Addressing Diversity - Sam Moon and Liz Fredericks (Momentum Community Support Workers)

- To introduce participants to a range of activities that can be used to explore diversity
- To provide participants with methods that can be applied to address and approach discriminatory language and behaviour
- To explore how language discriminates and mistreats

The workshop will cover exercises on:

- Diversity and ways to introduce it
- Media, Language & Prejudice
- Irish Gypsy and Romani Travellers

This will be a hands on workshop where participants will be expected to engage in the activities, (don't worry there won't be any role play).

B5 Supporting parents who have a concern about bullying

**Sarah Merrick and Janina Schiebler, Parent Partnership and Nicky Dawson,
Partnerships Parenting Adviser, Norfolk Children's Services**

This workshop will cover the following;

- Being clear about the complaints procedure
- Planning a meeting to run effectively using guidance
- Helping parents to give you the right information and facilitate communication