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“Bully Prevention Training” presented by Paul Figueroa

The bullying we remember as kids is not the same version that exists today. Today, bullying or being the victim of bullying, can escalate quickly to incidents that we see in the daily news. After violent tragedies like Columbine, we can no longer deny that vicious harassment, bullying, and intimidation can be the seeds of rage, violence, and even death.

This violence prevention workshop uses using fun, games, and interactive theatre to teach child-care professionals effective strategies for breaking the cycle of harassment, intimidation and bullying. We teach participants effective strategies and tools to help the "Bully" stop that behavior. We reveal the real reasons why young people pick on others, and find ways for them to fill that need in a healthy way. We also show you how to support young people to redirect their anger in a positive way.

Participants are taught effective strategies to support those that get picked on, as well. They are able to support the "Bullied" to stop that cycle - to stand up, be heard and say "NO!".

In a space of fun, games and interactive theatre, the workshop participant will learn how to:

- Identify the seeds of violence in the early stages and deal with them quickly
- Respond at every stage in the bullying cycle
- Create a safe space for the victim when bullying arises
- Help the bully choose a positive strategy from a place of power
- Help the bullied to stand up, be strong, and say no from a place of power
- Help both the bully and the bullied find positive releases for anger and get help from adults.

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This workshop uses fun, games, and interactive theatre to teach you effective strategies for stopping harassment, intimidation and bullying. Participants learn tools to help the “Bully” stop that behavior and techniques to help the “Bullied” learn to stand up, believe in themselves and say NO