Bullying and people with intellectual disabilities

A 6-week training course

Bullying and how to deal with it

Starting
29th April 2016

In Dublin City University
Introduction

Studies are 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 Victims of bullying have become socially withdrawn and may be forced out of their own communities.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 disabilist bullying (bullied 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 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.
Please take note that it is really important that learning couples have a good working relationship. They will be expected to work/learn/support each other during and outside of class to complete the work that is expected.

The overall aim 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:**

1. Understand what bullying is and become aware of the differences between being angry, having a conflict and bullying.
2. Understand the relationship between bullies, victims and bystanders and come to realise that bullying is a group issue.
3. Understand what to do and how to deal with bullying behaviors directed towards themselves and how to offer support to others.
4. Learn about the importance of self-esteem and keeping mentally healthy.
5. Learn the importance of the right to making a complaint.
6. Learn the importance of anti-bullying policies within support services and how they should work for all involved.

**The training days will be:**

1. Driven by the lived, learned and felt experiences of our advisory group (people with intellectual disabilities)
2. Determined that people be aware and know of our right to be safe and not to be bullied
3. 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 programme 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 programme activities
- Think about what they say
- Ask questions.

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.

The course will be broken down into 6 sessions. Learning couples will be expected to present their new knowledge to a group that is made up of their connecting support services at the end of the course.
## Details of learning sessions

<table>
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<tr>
<th>Week no:</th>
<th>Date &amp; Time &amp; Place</th>
<th>Learning Content</th>
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| Week 1  | 29<sup>th</sup> April 1pm – 4pm  
**Room: QG01, Business School** | What is bullying and what are the differences between being angry, having a conflict and bullying. |
| Week 2  | 6<sup>th</sup> May 12pm – 2.30pm  
**Room: CG02, Henry Grattan** | Victims and bystanders and how do they enable bullies to bully. |
| Week 3  | 13<sup>th</sup> May 12pm – 2.30pm  
**Room: HG17, School of Nursing** | Dealing with bullying behaviors and how to offer support to others. |
| Week 4  | 20<sup>th</sup> May 1pm – 3pm  
**Room: CG86, Henry Grattan** | Self-esteem and keeping mentally healthy. |
| Week 5  | 3<sup>rd</sup> June 12pm – 2.30pm  
**Room: QG01, Business School** | Making a complaint. |
| Week 6  | 10<sup>th</sup> June 1pm – 4pm  
**Room: QG01, Business School** | Anti-bullying policies within support services and how they should work to keep people safe |
Booking details

Cost of completing this 6 week course is €130 per learning couple

Starting date: 29th April 2016

Venue: Dublin City University, Glasnevin, Dublin 9

Booking is done via this Eventbrite -


However if this method is suitable we can arrange invoicing.