

# Understanding and Addressing Bullying

A behaviour specialist approach to bullying in the school, workplace, home and society

**Workshop** - written & developed by Tanya Curtis

## About This Workshop

Bullying is now so common that society has come to accept bullying as a part of life... accepted as the norm!

Why?

One reason is that many approaches to addressing bullying are based on 'changing the behaviour' ...or... 'stopping the bullying!' At Fabic, it is our experience that these approaches are missing one crucial element ... that we must first UNDERSTAND THE REASON for behaviours surrounding bullying before behaviour change strategies can be implemented.

Based on the method of Functional Behaviour Assessment, this course presents the understanding that *the reason* behind a behaviour is much more important than the actual bullying behaviour ... **until we address the reason it is impossible for lasting change to occur.**

The fact is, any case of bullying is about two people who are finding life challenging for their own unique reasons and both the person being bullied and 'the bully' require support.

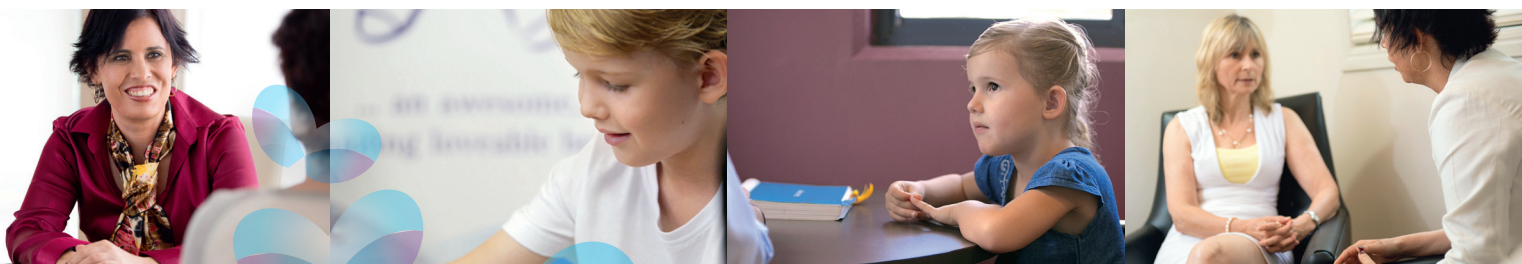
## Why is this workshop important?

Today bullying is occurring everywhere - schools, homes, workplaces, society, with politicians, in the media and online. It is hard to escape bullying behaviour with most people knowing of someone or themselves having experienced either being bullied or being the bully. This is a societal issue that requires a societal approach.

The patterns of behaviour a person develops today can have significant influence over the patterns of behaviours used throughout one's life.

Thus if a person:

1. Presents as a victim ... it is likely they will continue to approach their life as a victim
2. Presents as a bully ... it is likely they will continue to rely on bullying behaviours to make their way through life
3. Approaches life from a perspective of learning to take responsibility for their own behaviour and their own experiences of life ... it is likely this approach will continue in life



# Understanding and Addressing Bullying

A behaviour specialist approach to bullying in the school, workplace, home and society

**Workshop** - written & developed by Tanya Curtis

## Topics Covered

This course is based on supporting participants to learn practical and instantly useable means of supporting any person involved in bullying ~ whether that be the person who is bullying, another person who is being bullied, or you. Each participant will be offered the tools to develop an understanding of why the bullying behaviour is occurring and learn simple and effective strategies to change their experiences of bullying.

1. What is bullying behaviour?
2. Why does bullying behaviour occur?
3. Why do some people bully and others not?
4. Understanding why certain people are being bullied
5. How to change our own or another's bullying behaviour
6. Understanding why certain people are victims - how to change this
7. How to support someone who is being bullied
8. Fabic's 3 steps to behaviour change program - Body Life Skills

**If, as a society today we promote a blame/victim approach to life ... our adults of the future will continue to take this same approach to their life and teach it to future generations**

**whereas....**

**If we promote a community of people who take responsibility for their own behaviours and ways of managing their own challenges in life ... our adults of the future will live with a quality of self-responsibility and care for others that will be passed on for generations to come**

## Who should attend?

Any person wanting to change their own and societies' experiences of bullying:

**Suitable for teenagers to adults**

## About Tanya Curtis:

Tanya Curtis is a renowned Behaviour Specialist and presenter on behaviour specialist topics. She is the founding director of Fabic, a Multi-disciplinary Behaviour Specialist Centre based on the Gold Coast offering local, national and international services. Tanya is an author, DVD presenter, creator of the Fabic Behaviour Change App and has also developed an array of products to support successful behaviour change in a client's natural environment.

Tanya's Body Life Skills program has been integrated to bring about successful behaviour change in the areas of education, mental health, disability, justice, government, drug and alcohol rehabilitation, businesses and organisations along with families, relationships and individuals. A simple program, yet practical and supportive for everyone!

