



# GROUP TRAINING: BULLYING

This 5-week course for a maximum of ten people offers support to all who have been involved in bullying to examine their own behaviours – past, present and future – and to live in a respectful and responsible way, free of bullying and its far-reaching effects.

Bullying continues to be an ever-escalating issue for many people ... whether at school, in the workplace, at home or in the wider community, most people know of or have experienced being bullied or being the bully.

In most cases of bullying, two people or two groups of people are experiencing their own challenges in their own unique classroom of life and thus,

the one seen as the 'bully' and the one 'being bullied' both require support.

The behaviour patterns a person develops today are likely to be the same patterns repeated throughout their life:

- If one presents as a victim ... it's likely they will also present as a victim tomorrow and onwards
- If one presents as a bully ... it's likely they will continue to present as a bully as their life continues
- If one takes responsibility for their behaviours today ... it's likely they will continue to take responsibility for all aspects of their life in the future and therefore positively influence all aspects of their life – work, relationships, partners, parenting, community involvement, how they feel about themselves, etc. The examples are infinite!

## TOPICS COVERED

1. What is bullying?
2. Who is likely to use bullying behaviour?
3. Who is likely to be bullied?
4. Why is bullying so prevalent in our community?
5. How do I know if someone I care about is being bullied?
6. What can I do to stop using bullying behaviour?
7. What can I do to reduce my chances of being bullied?
8. How to respond if I find myself being the target of bullying behaviour?

## WHO WILL BENEFIT?

FABIC Group Training on Bullying\* is tailored to any person who:

- Uses bullying-related behaviours
- Is the receiver of bullying-related behaviours
- Supports a person who either uses or receives bullying-related behaviours

\*Maximum of 10 people per group

## LOCATION

FABIC Group training sessions are available:

- Via Telehealth video for individuals joining a group
- Face-to-face at your location if you have a specific group of people (travel costs apply)

## COSTS

Cost varies according to course size and location. Please contact FABIC for details.



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For more info or to  
book, contact FABIC

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