

**bullybusters****don't suffer in silence**

Programme of Services	Description	Overall Project Objectives
Zoom/ Online sessions	<p>This gives schools the opportunity to not miss out on the Bullbybuster service and to access more focused sessions. We deliver online and this will include;</p> <ul style="list-style-type: none"><li>• Workshops,</li><li>• Workbooks</li><li>• Presentations</li><li>• Targeted sessions</li></ul> <p>We aim to keep the anti bullying message at the top of the agenda all year round.</p> <p>We do this in a number of ways by raising awareness of :</p> <ul style="list-style-type: none"><li>• What is Bullying</li><li>• Types of bullying</li><li>• Effects of bullying</li><li>• How you can help to stop bullying</li><li>• Good friendship</li></ul>	Raising awareness of the forms and impact of bullying on EVERYBODY affected.
KEY Programme (Keep Educating Youths) 2 courses for KS2 and KS3	<p>BullyBusters has developed a KEY Programme training plan, the aim is to enable young people and children to recognize their own and others behaviours and appropriately act in a variety of situations.</p> <p>The training includes:</p> <ul style="list-style-type: none"><li>• Analyse &amp; discuss case studies for positive outcomes</li><li>• Raise awareness of self awareness</li><li>• Empowering pupils to make positive changes in their lives and communities.</li><li>• Certificates awarded to participating pupils.</li><li>• Follow up sessions for any concerns to be heard</li><li>• A workbook to work through and keep for guidance</li><li>• Focusing on RESPECT and what it means to you</li><li>• Weekly sessions for 4 weeks; build rapport and a trusted environment</li></ul> <p>Programme will be completed and weekly sessions will be arranged at the start of the course</p>	To provide training, support and taking ownership of your actions and the impact of them.

Variety of workbooks	<p>During lockdown we have had to adapt our way of working we are pleased to offer workbooks via email on a variety of topics including;</p> <ul style="list-style-type: none"> <li>• KEY Programme</li> <li>• Family Booklet</li> <li>• Parent Booklet</li> <li>• COVID booklet</li> <li>• Focused topic booklet</li> <li>• Return to school booklet</li> </ul> <p>Email us for any of these booklets or an enquiry with a tailored booklet.</p> <ul style="list-style-type: none"> <li>• Workbooks will be emailed with an option of online sessions to support</li> <li>• Offering knowledge to all on bullying and how to support others in tough times</li> <li>• Positivity sessions</li> </ul>	<p>Enabling schools and agencies to access our service during the pandemic.</p>
Special events & Specific subjects	<p>BullyBusters can facilitate specific targeted presentation/ workshop in various subjects including:</p> <ul style="list-style-type: none"> <li>• Technological/ Cyber bullying, internet safety</li> <li>• Hate crime</li> <li>• Who can I talk to</li> <li>• Staying safe</li> </ul> <p>We can tailor our training to the needs of the school.</p> <p>Bullybusters will be happy to support schools were we can with any awareness and fundraising activities.</p>	<p>Allowing young people to work at their own pace</p> <p>To raise and maintain awareness. Tackling any current issues.</p>
All About Me Relationship programme	<p>This programme is delivered using booklets and interactive sessions. It focuses on;</p> <ul style="list-style-type: none"> <li>• Social norms</li> <li>• Gender stereotypes</li> <li>• Consent and harmful behaviours</li> </ul> <p>This programme is being delivered across Merseyside</p>	<p>Support young people to build and maintain positive relationships</p>
Schools Confidence Programme	<p>This is developed specifically to support individual or small groups with any issues particularly due to COVID and isolation. Our specialised worker is available for meetings and sessions with immediate effect.</p>	<p>Support with effects of a pandemic</p>

Parent/ Carer / Professional Sessions	<p>At Bullybusters we are passionate about working with all people who could be affected and need support. So we will be offering weekly online sessions to discuss;</p> <ul style="list-style-type: none"> <li>• Positive behaviours</li> <li>• Making the right choices, for you and those around you</li> <li>• Discussing local issues and wider issues</li> <li>• Ways to support families, schools and promote working together</li> <li>• Informal chats and boost morale</li> </ul>	To offer support and reduce isolation. Promote supporting each other
<p><b>Interventions</b></p> <p>Helpline</p>	<p>This can be achieved by:</p> <ul style="list-style-type: none"> <li>• Informal chat with the concerned person of bullying about who is affecting them and how they have been feeling about it emotionally</li> <li>• Friends and good role models in the school are asked to become involved in supporting the victim</li> <li>• Contact school and arrange training</li> <li>• Listening ear</li> <li>• Parents, carers, teachers and young people can ring in</li> </ul> <p>BullyBusters are dedicated to resolving the bullying issues affecting the individual involved, remaining impartial and supporting all involved. Can remain in contact if needed</p>	To provide support to those affected by bullying including young people and carers.



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BullyBusters Helpline service

**0800 169 6928**

BullyBusters can support children, young people, parents or professionals dealing with bullying issues. Our aim is a positive outcome for all involved.  
**ANYBODY CONCERNED CAN CONTACT OUR SERVICE**