

# Bullying Matters

## BULLYING IN THE 21ST CENTURY

Bullying is a huge concern for many parents. We are constantly bombarded with news stories about the crisis our children face in schools, online and in our neighbourhoods. This session will provide parents with realistic and specific tools and strategies for preventing lifelong, emotional trauma. It will also teach parents how to help their children to develop a reality and sense of self-worth that makes them less likely to be targets. Parents will leave empowered to put strategies in place immediately that will not only protect their child, but also build a stronger parent/child relationship.

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### Session outline

- Clear Definition of Bullying (Including Cyber Bullying)
- How to Recognize Signs of Bullying in Children
- Building Resilience
- The Advocating Process
- What if my child is the bully?
- Useful websites and resources

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### Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators in behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.