

Stand up to school bullies

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Back: Young workshop leaders Ben Ambrose, 16, Michael Graham, 17, Robert McNaught, Brearna Leopold, 12, Brittany Ryan and Rose Smith. Front: Harrison Binks, 10, Jarryd Leopold, 10, and Samantha Salmon, 11. Picture: VIRGINIA YOUNG ~PP428445

GOING back to school can be an anxious time for many children, particularly if they are subjected to schoolyard, classroom or cyber bullying when they get there.

But a free four-day workshop - organised by Avalon resident and anti-bullying expert Rose Smith - will teach children aged between six and 14 how to deal with the social problem.

Games, theatresports and dramatisation will help children learn positive ways to settle into a new school, cope with peer pressure and cyber bullying and build social skills and resilience.

“We teach them about how not to become bullies, too - we know that bullies have a high incidence of alcohol abuse and crime,” Ms Smith said.

Eight trained instructors will lead the workshop at Avalon Recreation Centre from January 18 to 21. Police, ambulance and fire brigade representatives will also speak.

To book, call Rose on 0413 376 356 or visit www.hoshin.com.au.