

ALL PARENTS / GUARDIANS

Bullying Intervention and Communication Skills Workshop: *Knowledge and Tools for All Parents*

The Problem:

Schools and youth-serving organizations everywhere are being negatively impacted by youth-on-youth mistreatment. Students and their families are deeply affected by this problem. Incidents of bullying, intolerance, put-downs, and exclusion are far too common and far too costly. This mistreatment is getting younger, meaner, harder to identify, and more accepted in youth culture. Moreover, many of these incidents happen when and where adults are not present.

Bullying and other types of mistreatment undermine student achievement, are harmful to young people's social and emotional development, and can erode staff morale. These are challenging issues for families to address, especially since parents/guardians or other adults are often unaware of the incidents that are happening.

The Workshop:

This engaging and informative two-hour workshop will help parents/guardians significantly improve their interactions and communication with their children and other youth. Attendees will gain an increased understanding of emotional and physical violence – especially relational aggression and cyber-bullying – and their impact on:

- learning/academic achievement, attendance and participation in school
- child/youth development
- school climate and security

This workshop will equip parents/guardians with knowledge and skills to respond effectively when they or their children witness or hear about mistreatment. Through a series of hands-on activities, parents will learn how to use communication skills and strategies to encourage their children to talk with them about difficult issues. Parents will also learn about an effective, youth-centered, school-based program called Safe School Ambassadors® and other ways parents can work with school leaders to increase the safety of all children.

Workshop participants will:

- learn about the extent and cost of mistreatment, as well as efforts to address it
- understand basic principles of child/youth development
- gain knowledge and skills for communicating and intervening effectively
- strengthen parent-child communication through “relational” power and skills
- practice skills and receive coaching and feedback

Time & Cost: 1 evening (2 hours). For cost information, please see our [Programs & Services Guide](http://community-matters.org/downloads/CMProgramsandServices.pdf)
<http://community-matters.org/downloads/CMProgramsandServices.pdf>

Parent Workshops are held in conjunction with another full-day service.

For more information or to schedule a workshop, please contact Community Matters at 707-823-6159, or email: outreach@community-matters.org