

Manage Bullying Without becoming one Adult

WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Learn why people bully and the different types of bullying (marketers/workplace/cyber)
- Identify when you are a bully
- How to stop enabling a bully to harass you
- Identify the type of help you can get to deal with the bullying
- Legal aspects of bullying and harassment

LEARNING OUTCOMES BULLYING ADULT

Competency 1 Define bullying behavior and identify when you are a bully and a victim of bullying

Competency 2 Describe how you enable a bully to behave the way that they do

Competency 3 Apply self image, assertiveness and courage in a healthy manner

Competency 4 Describe how forgiveness will help you heal faster

Competency 5 Identify and apply strategies to marketing bullying

Competency 6 Apply strategies for dealing with cyber-bullying

Competency 7 Identify and apply strategies for workplace bullying- co-workers

Competency 8 Identify and apply strategies for workplace bullying supervisors

Competency 9 Identify where and how to get support as a victim of bullying