

Cyberbullying...Are You Switched On? Programme

Title	Cyberbullying...Are You Switched On?
Date	
Duration	10:00am – 4.15pm
Programme Aim	To help you understand cyberbullying, its impacts and practical strategies to address cyberbullying
Programme Objectives	<ul style="list-style-type: none"> • Understand what cyberbullying is - and what it is not • Identify the signs that cyberbullying may be taking place • Develop knowledge of online culture and the values and risks of how young people use technology • Recognise cyberbullying as a breach of children’s rights • Raise awareness of impacts cyberbullying can have on mental health and wellbeing of children & young people • Understand the principles of Protect, Connect and Respond • Develop the capacity of you and your organisation to address cyberbullying through Policy and Practice
Activity Duration	Training Activity
10:00am – 11:30am	Welcome and Icebreakers Outcomes and Programme About <i>respectme</i> What is Cyberbullying?
11:30am – 11:45am	Coffee
11:45am – 13:00pm	Online Culture Safeguarding Children and Young People Why do People Cyberbully? Signs What are the differences?
13:00pm – 13.45pm	Lunch
1.45pm – 3.00pm	What can we do? – Protect (Culture & Policy) What can we do? – Connect (Practices)
3.00pm – 3.15pm	Coffee
3.15pm – 4.15pm	What can we do? – Respond (Case Studies) Questions and Evaluations