



## **The O.K. Kids Programme Year-Round Anti-Bullying Initiative**

What began as a Pilot in Roscommon has become an all-year-round service that we now offer to schools nationally at affordable rates.

Our experience clearly shows that a consultative approach to Anti-Bullying Education is much more effective than once-off awareness raising events.

We have developed a simple, easily implemented, structured approach throughout the school year. We begin by identifying root causes and triggers of bullying behaviour, and we then focus on planning the best way to meet these challenges. Staff training looks at how to deliver learning experiences that raise awareness and lead to positive outcomes.

The approach is tailored to meet the needs of each individual school focusing specifically on supporting & promoting positive, caring behaviour. This provides a vital link in school planning around well-being, mental health and child safety. Monthly awareness raising lessons are emailed to schools taking part.

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## **4-Step Consultative Approach**

**Needs Analysis** – We do a simple survey of students to check for bullying behaviours and experience.

**Data Analysis** – We compile a statistical report based on scientific analysis of the survey data for each participating school, outlining recommendations for policy and practice. We then meet personally with the Principal to discuss the results in detail and see what steps it is best to take next.

**Policy Review** – The school Anti-Bullying Policy is reviewed; we restructure it on the basis of our findings, and we provide a tailored programme for the school to put in place.

**Implementation** – Key staff are trained in the Programme, including how to train students and launch the Programme so that everyone is on board.

*We stay with it - and you! The Programme guarantees that schools are provided with continuous, personal support and guidance throughout the school year, including phone and email consultations. Extra visits to the school can be arranged for crisis intervention mentoring.*

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