

The MindEm Programme

Anti-Bullying & Well-Being Programme
for Early Years & After School Care Providers



Bullying behaviour amongst young children is a critically challenging issue for Education and Childcare Providers.

In the absence of national guidelines for dealing with bullying complaints in childcare facilities, these incidences often stray into threats of legal action, which with the right mechanisms in place – need never get to that point.

International experts in the anti-bullying field tell us that the earlier children are taught skills such as

- How to express their needs and feelings
- Receiving and showing empathy
- Being confident to stand up for themselves and others
- Recognising and rejecting negative behaviour

the less risk there is of feelings of inadequacy and depression emerging, leading to children themselves engaging in negative behaviours.



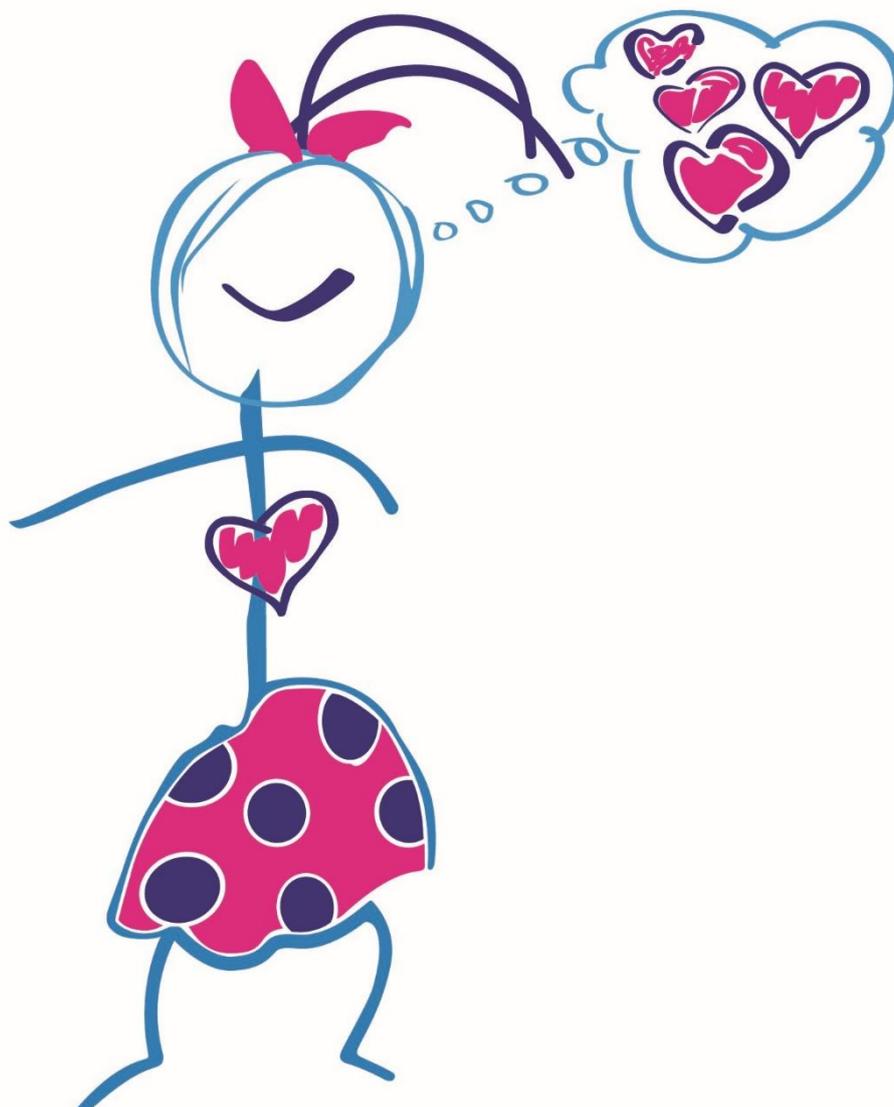
WHY WE DESIGNED THE MINDEM PROGRAMME

Childcare providers are surprised to hear that many of the complaints they are dealing with are not in fact serious bullying issues at all.

They have their origins in deep misunderstandings amongst children and parents as to what bullying actually is.

There is a lack of knowledge around how to resolve negative interpersonal behaviour between children, **healthily and proactively**, before the issue develops into serious bullying.

The MindEm Programme provides simple strategies and methodologies to effect such change.



WHAT THE MINDEM PROGRAMME DOES

The MindEm Programme is an evidenced based Anti-Bullying and Positive Mental Health Programme for Pre-School and After-School Care Providers.



It has been designed to bring about fundamental change in how children and parents understand and deal with bullying behaviour.

With this as a goal, childcare providers can **avoid spending hours of valuable administrative time** dealing with complaints.

Evidence shows us that by teaching children to focus on altruistic behaviours with their peers we can prevent escalating bullying issues.

In tandem with this, we reinforce positive behavioural management whilst supporting good mental health and well-being.



MindEm Programme Content



The MindEm Programme is an **easily implementable two-strand** programme.

Strand One is an Anti-Bullying Prevention & Well-Being Education Programme for children from 6 to 12 years of age consisting of 4 modules in total.

Strand Two is a simple, structured procedure for dealing with formal complaints about bullying behaviour.

- The Programme provides training and resources for staff
- It teaches children to make healthy behavioural and social choices within their peer groups
- It supports them to manage their relationships
- It encourages them to preserve their well-being.
- The programme provides an innovative information booklet for parents.
- It helps parents support their children as they undertake the Programme
- It gives parents direction on how to support their children positively if and when they encounter a bullying issue.

The Programme is in compliance with Aistear, all statutory child care facility requirements and the Department of Education Anti-Bullying Guidelines for Education providers.



abi Anti-Bullying Institute

abi, the Anti-Bullying Institute, delivers evidenced based anti-bullying programmes in educational settings in Ireland.

Monica Monahan, abi founder and originator of the MindEm Programme, is Director of Education at abi and is an expert in anti-bullying prevention and intervention methodology. She is a former secondary school teacher with over twenty years' experience in the education system. Since founding the institute she has worked in over 150 schools, educational organisations and youth organisations nationally.

Monica holds an Honours Masters of Education in Aggression Studies from Trinity College, Dublin, and is currently pursuing doctoral study in Peace Psychology at the University of Marburg, Germany.

