

# Anti-Bullying Program

Bully-Proofing Skills Can Be Taught





# 8 Week Anti-Bullying Curriculum Program

What Would It Be Like For Your Kids To Live In A World Without Bullying?

A child with bullying issues may be just as much a victim in his own life as the child he directs his aggression towards. Many bullies are children who have been overlooked, misdiagnosed, suffering from neurological disabilities, or have been abused children themselves. Our equine therapy programs are ideal for a child who exhibits aggressive behaviour by promoting positive leadership skills, developing choice-making skills, goal-setting skills, and encouraging responsibility, creativity and laughter.

## **BULLY-PROOFING SKILLS CAN BE TAUGHT**

The best way to help children not become victims of bullies is by teaching them bully-proofing skills. Victims of bullies usually exhibit poor communication skills and tend to be left out of activities, leaving them isolated. Our equine assisted learning programs have proven to be ideal for a child who exhibits anti-social communication skills as they provide training in social skills which improves communication skills, emotional, physical, mental, and spiritual wellness, self-esteem, encourages sensory stimulation, and ultimately, integration.

## WHO SHOULD ATTEND?

### VICTIMS OF BULLIES

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### THE BULLY

Our equine programs are ideal for a child who exhibits aggressive behaviour by promoting positive leadership skills, empathy, developing kindness, choice-making skills, and encouraging responsibility, creativity, and laughter.

The youth that teachers, counsellors and the principal feel display behavioural issues, or who are withdrawn, will benefit most from the program.

Build your program for your youth with these experiential programs;

#### 1. Starting the Journey

Objective - Building Relationships and Intentions (different personalities).

What are our intentions? How do we build relationships with horses and with people? Are our thoughts and words important?

#### 2. Circuit Training

Objective - Skill Development

What skills does it take to work with the horse and with the people. What do we need to be aware of to work with our horses? If that approach works with horses, would it work with people? How can we be a leader to our horse and ourselves?

#### 3. Did I Hear You?

Objective - Articulating and Interpreting Thoughts

Are we really listening and hearing what someone else is saying to us; what makes

a good listener; how do people feel when someone is really listening?

4. Power Within

Objective - Building Confidence

What is self-esteem? Where do you get self-esteem? What does self-esteem look like? Can you see it in other people, and what do other people look like who have self esteem?

5. Silent Communication

Objective - Body Language

How do we speak without using our voice? How do we speak with our eyes? Can we still be clear without using our voice? Is it important to be strong with our body language?

6. Communication Rocks

Objective - Active Listening and Articulation

Are we really listening to what others have to say? We need to ask for clarification if we do not understand. We must not anticipate or assume. Communication is key and we must work on it everyday (school, work, home, and life).

7. Equine Charades

Objective - Listening through Body Language (learning to visually see what horses and people are saying without speaking).

This exercise helps the participants develop observation skills. Watching the big picture. How are we really saying things? We verbalize one thing but our body language says another.

8. It's All About the Boundaries

Objective - Recognizing Boundaries

Respecting boundaries and what does that mean? And why do boundaries keep us safe?