

*The 3Generate Manifestos often call for a focus on training and guidance dealing with bullying – for young people and adults.*

*Below are some ideas for exploring the topic of bullying.*

### **Hold a training course**

A number of organisations run training courses, which can be delivered at your venue. One possibility might be to gather a group of workers or parents within the local area/district to organise some training together. It may be appropriate to get funding to pay for this course from the Methodist district. Some organisations offer training for adults and/or young people.

[www.parentinguk.org/our-work/training/](http://www.parentinguk.org/our-work/training/) offers some courses around bullying for those working with young people. They can also provide bespoke training.

[www.kidscape.org.uk/training/anti-bullying/](http://www.kidscape.org.uk/training/anti-bullying/) offers bespoke training on a range of topics connected to bullying.

[www.anti-bullyingalliance.org.uk/onlinetraining](http://www.anti-bullyingalliance.org.uk/onlinetraining) offers free online training.

### **Anti-bullying week**

Why not get involved in the national anti-bullying week (usually in November) or have your own focus in your church on anti-bullying for a week or a month. Bullying UK has a range of resources to download, from discussion starters to get your groups talking about bullying, to videos that you could show. If you wanted to involve adults there is information on this site about bullying in the workplace too.

[www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/](http://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/)

### **Run a session (or a day) on the topic of bullying**

There is a session plan available, which is adapted from the Login session on bullying that took place at 3Generate 2015. This is available online alongside the other manifesto resources.

One important aspect to explore is what to do if you see bullying happen to someone else. A section on the **stopbullying** website ([www.stopbullying.gov/respond/index.html](http://www.stopbullying.gov/respond/index.html)) details ways in which we can respond. The website also has many useful clips discussing what to do in those situations. These would make useful discussion starters.

### **Advertise bullying helplines and resources for young people**

Posters and leaflets can be bought or downloaded from a variety of websites and pinned up or made available around your church building, for example:

[www.familylives.org.uk/how-we-can-help/leaflets](http://www.familylives.org.uk/how-we-can-help/leaflets)

[www.nspcc.org.uk/services-and-resources/research-and-resources/childline-posters/](http://www.nspcc.org.uk/services-and-resources/research-and-resources/childline-posters/)