



BRAVE
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The Central Committee for Catholic School Councils
with BRAVE Education present:
Parent/Caregiver Workshop



SOCIAL WORKSHOP

Understanding Bullying

🕒 75 minute session

In this workshop:

- Parents and caregivers learn the difference between bullying behaviours and everyday conflicts.
- They evaluate an animated case study to apply their learning.
- They learn prevention strategies to reduce the chance of bullying happening and how to intervene if it occurs.
- They acknowledge the existence of confidence, discussing who has it, who has less, and how to instill confidence in their youth.
- They discuss practical communication methods to engage their youth.
- They learn our 3 communication steps: Walk Away, Talk Away, and Block Away.



Thursday March 27th
Cardinal Leger CSS
75 Mary St. Brampton
Doors open at 6:15pm
Presentation - 6:30 - 7:45
Light Refreshments Provided

Please register using the link below:

<https://forms.gle/M2397t45fQHFJ7XQ7>

Want to support your children from home?

Check out our free and purchasable resources at

braveeducation.com/parents



**Dufferin-Peel
Catholic District
School Board**