

WORRIED ABOUT YOUR CHILD BEING CAUGHT UP IN BULLYING CYCLES AT SCHOOL:

Supporting your Child the Restorative Way

A TWO-PART ONLINE TRAINING COURSE FOR PARENTS OF SECONDARY SCHOOL CHILDREN

In support of your school's Cineáltas initiatives (cineáltas means kindness) during this year's Anti-Bullying Week on November 11th – 15th, we are offering a training course for parents.

The course **Supporting Your Child the Restorative Way** has been specially designed for parents of secondary school children on the basis of our work with hundreds of schools throughout Ireland. It will take place on

**2 evenings in November, Tuesdays
November 19th and November 26th.**

In the two 1-hour+ online sessions you will learn tools that will help you work with your child to build healthy relationships in a restorative way and help them to navigate potential bullying cycles to protect their wellbeing. The Course takes a deep dive into:

- Understanding *what bullying really is*
- Using *Restorative Parenting Approaches* for resolving conflicts
- Tips for helping your child *navigate their social world safely*

[LINK to course description on abi.ie](#)

[LINK to book course](#)

The cost for these two online modules is €35. If you would like to take part, but feel you can't afford the full fee, send us an [email](mailto:mail@abi.ie) for a reduced rate. If you think other parents might be interested in this course, we would be delighted for you to pass this on to them.

Thank you for your attention.

Hoping to see you on Tuesday, November 19th.