



Childline
by ISPCC

Shield Statement 8.

Raise Up Resilience – Our organisation actively tackles bullying behaviour through awareness-raising, tolerance and empathy-building as well as improving general levels of resilience and self-esteem.

Ideas to Inspire:

Self-esteem can be built in several ways. Giving a child or young person specific praise, allowing them the opportunity to accomplish achievable goals, fostering independence and giving plenty of encouragement.

To achieve this statement, anti-bullying training could include awareness raising, a buddy system, self-esteem building, and assertiveness training.

Problem-solving skills can be useful for children and young people to feel more autonomous.

Research indicates that peer attachment can be a protective factor against both traditional and cyber-bullying (Burton et al., 2013), indicating that strong peer attachment may significantly lessen bullying behaviours, with those not involved in bullying reporting considerably higher peer attachment than that of bullies or targets.

Your organisation participates in the annual Safer Internet Day event promoting safer, better Internet use among children and young people.



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Your organisation engages in curriculum-aligned resources dedicated to the promotion of well-being. Resources include; Webwise Connected resource;

www.webwise.ie/teachers/connected/module-1-my-online-wellbeing, The Full Picture video and lesson; www.webwise.ie/thefullpicture.

Lead discussion on digital wellbeing using Webwise resources including this guest panel discussion featuring GAA Sports person, Researcher and a well-known influencer:

<https://vimeo.com/673115553>

Additional resources can be found here:

https://www.pdst.ie/primary/antibullying_