BECOME A PART OF THE #UPSTANDERCYMRU NETWORK

Bullyology

Jessica Hickman Bullyologist

In partnership with: Aspire 2Be.

How can Bullyology help your sports club?

- Build your Upstander Group
- Keynote Addresses
- Workshops
- Staff Training
- Team Talks
- Live Skype

What is an upstander?

An upstander is:

Resilient
Empathetic
Supportive
Proactive
Engaging
Courageous
Trustworthy

BECOME AN UPSTANDER
DEVELOP RESPECT

At your sports club, we will:

- Explore Jessica's personal journey through bullying
- Team interaction around social issues
- Case studies and strategies for resolution
- Upstander team workshops
- Develop your upstander programme

UPSTANDERS

Discussion points will include:

- Bullying
- Mind Health
- Social Media
- Resilience

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