



"Armour of Skills"

8 Week **Anti-Bullying** Youth Program



A group of five young people (three men and two women) are standing in a row, all looking down at their smartphones. They are dressed in casual, contemporary clothing like jeans and hoodies. The background is a solid light blue color.

8 Week Anti-Bullying Curriculum Program

WHAT WOULD IT BE LIKE FOR YOUR KIDS TO LIVE IN A WORLD WITHOUT BULLYING?

A child with bullying issues may be just as much a victim in his own life as the child he/she directs his/her aggression towards. Many bullies are children who have been overlooked, misdiagnosed, suffering from neurological disabilities, or have been abused children themselves. Our facilitated equine programs are ideal for a child who exhibits aggressive behaviour by promoting positive leadership skills, developing choice-making skills, goal-setting skills, and encouraging responsibility, creativity and laughter.

BULLY-PROOFING SKILLS CAN BE TAUGHT

The best way to help children not become victims of bullies is by teaching them bully-proofing skills. Victims of bullies usually exhibit poor communication skills and tend to be left out of activities, leaving them isolated. Our equine assisted learning programs have proven to be ideal for a child who exhibits anti-social communication skills as they provide training in social skills which improves communication skills, emotional, physical, mental, and spiritual wellness, self-esteem, encourages sensory stimulation, and ultimately, integration.

THERE IS NOTHING LIKE A 500KG TEACHER...

By their intuitive nature and innate sensitivity, horses can provide facilitators with a window into the participants personality. They mirror back what the participants are feeling and students need to adjust their feelings and behaviours to work successfully with the horses. Step outside the classroom and learn through "hands on learning".

"Tell me, I may listen. Teach me, I may remember. Involve me, I will do it."

- Lao Tse 604 B.C.

- Horses consistently model assertiveness and teach us how
- Horses can't lie or over think a participants motive
- Horses feedback is honest and instant as they react to stimulus in the moment
- Nature provides them with instincts and senses that are very astute
- Horses help to instil empathy and kindness in the participants

WHY IS THIS PROGRAM DIFFERENT AND WHY WILL IT WORK?

Participation, retention, fun... and oh yes, a horse!

It has been proven that the more senses that are engaged, the greater the likelihood that new learning will be retained. The more we involve learners, the more senses are engaged, thereby increasing the probability that they will learn, retain, and apply what they have learned.

Each of our exercises are custom designed to maximise learning potential and focus on developing individual skills as they work through each fun interactive group challenge. Teams will work to develop relationships; accept responsibility and accountability; overcome barriers to find change; be encouraged to be creative and innovative; find opportunity in working together; realise the benefits associated with effective communication; and recognise the value of mutual trust, respect, and personal integrity.

WHO SHOULD ATTEND?

VICTIMS OF BULLIES

Our equine programs have proven to be ideal for a child who exhibits anti-social communication skills as they provide training in social skills which improves communication skills, emotional, physical, mental and spiritual wellness, self-esteem, and encourages sensory stimulation and ultimately, integration.

THE BULLY

Our equine programs are ideal for a child who exhibits aggressive behaviour by promoting positive leadership skills, empathy, developing kindness, choice-making skills, and encouraging responsibility, creativity, and laughter.

The youth that teachers, counsellors and the principal feel display behavioural issues, or who are withdrawn, will benefit most from the program.

Our 8 week Anti-Bullying Curriculum Program is built following the structure of the BuildingBlock™ course, which means that each program focuses on a main objective, but also weaves all of the objectives into each program. Here are the objectives covered in our experiential program;

1. Starting the Journey

Objective - **Building Relationships and Intentions (different personalities).**

What are our intentions? How do we build relationships with horses and with people? Are our thoughts and words important

2. Circuit Training

Objective - **Skill Development**

What skills does it take to work with the horse and with the people. What do we need to be aware of to work with our horses? If that approach works with horses, would it work with people? How can we be a leader to our horse and ourselves?

3. Did I Hear You?

Objective - **Articulating and Interpreting Thoughts**

Are we really listening and hearing what someone else is saying to us; what makes a good listener; how do people feel when someone is really listening?

4. Power Within

Objective - **Building Confidence**

What is self-esteem? Where do you get self-esteem? What does self-esteem look like? Can you see it in other people, and what do other people look like who have self esteem?

5. Silent Communication

Objective - **Body Language**

How do we speak without using our voice? How do we speak with our eyes? Can we still be clear without using our voice? Is it important to be strong with our body language?

6. Communication Rocks

Objective - **Active Listening and Articulation**

Are we really listening to what others have to say? We need to ask for clarification if we do not understand. We must not anticipate or assume. Communication is key and we must work on it everyday (school, work, home, and life).

7. Equine Charades

Objective - **Listening through Body Language** (learning to visually see what horses and people are saying without speaking).

This exercise helps the participants develop observation skills. Watching the big picture. How are we really saying things? We verbalise one thing but our body language says another.

8. It's All About the Boundaries

Objective - **Recognising Boundaries**

Respecting boundaries and what does that mean? And why do boundaries keep us safe?

Jess has been trained by the world renowned Equine Connection - The Academy of Equine Assisted Learning Inc, who certify all over the world through the Academy of Equine Assisted Learning BuildingBlock™ course. The EAL programs for youth emphasises it's building-block curriculum of facilitating life skills while working with horses as the teachers. No riding with any of our programs offered. You will get results with all the objectively driven programs provided at our facility.

Our curriculum program follows the school terms, from term 2 through to term 4. We can take a maximum of 6 teenagers/children per program, and the curriculum program runs for 8 consecutive weeks. Students would be at our facility for a total of two hours per week, which includes briefing, de-briefing, the arena program and reflection time.

Whether enquiring from a school or independent organisation, please contact Jess to discuss your requirements.

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We have more frequently asked questions and links to research papers and media on our website: <https://www.leadingchangeexperiences.com.au/research-and-media>