

FAB FEB

Foróige Against Bullying
through
Positive Peer Influence



INFORMATION PACK

FEBRUARY 2014



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Foróige Against Bullying through Positive Peer Influence

FAB Feb, Foróige's campaign against bullying was run for the first time last February. The feedback was very positive and it was decided to make it an annual event.

We urge you to take part in **FAB Feb 2014** which will be run next February. The central theme will be **positive peer influence** amongst young people.

Positive peer influence is when those around you affirm and support you and encourage you to reach your potential. It involves positive interactions and social atmospheres that enhance each young person. This is part of the antidote to bullying and achieves so much more in terms of the well being of young people.

We are doing this already in Foróige. However, during **FAB Feb 2014** we encourage you to develop more ways of promoting **positive peer influence** in your group, club or project. Please don't forget to let us know how you do it! **FAB Feb 2014** will also focus on **cyber safety** and on raising awareness of issues such as **mental health** and **bullying**.

The main elements of **FAB Feb 2014** are:

- Creating more **positive peer influence** in your group, club or project
- Making **TAB time** widespread throughout Foróige; -. **TAB** stands for tea and biscuits or take a break. This is special time where young people and adults chat about everyday things and issues of interest.
- **Cyber Safety** – workshops and awareness raising on cyber safety
- Awareness raising on issues such as **mental health** and **bullying**, particularly in the context of **positive peer influence**

So please make this February FAB in your group, club or project. It is not only about combating bullying but creating the atmosphere in which a young person can flourish and grow to their best potential.

This information pack has plenty of ideas for activities!

Positive Peer Influence

Positive peer influence happens when those around you affirm and support you as an individual and encourage you to achieve your potential. It is where you feel safe to be yourself and influenced to achieve things you never thought you could. It is like a “chrysalis” in which you can grow into your best self.

Ways of Promoting Positive Peer Influence

- Adults model behaviours that promote positive peer influence such as listening, giving praise and encouraging young people to achieve their potential
- Organise TAB Time in your group. TAB stand for tea and biscuits –it is special time where young people and adults sit around and chat.
- Activities and games that build trust and where everyone can get to know each other better (include adults)
- A buddy system where young people befriend and mentor those who are shy and isolated and may need extra help in really becoming a part of the group.
- Young people discuss the Foróige Charter of Rights and decide how they will best express these rights and respect them in others
- Young people use the Charter to Rights to develop their group contract and to challenge behaviour that infringes it
- Special events/activities in your group where the strengths of each individual member are honoured and celebrated.
- Meetings are structured so that it is easy for everyone to participate and express their views
- Inter club events are organised to include TAB time and other activities that promote positive peer influence



Positive Peer Influence Assessment Sheet:

A good idea is to use the positive peer influence assessment sheet to evaluate how well your group promotes positive peer influence. Identify your strengths and some improvements you can make

How good is positive peer influence in your group?

Mark 0-10

1. There is regular time set aside for young people and adults to chat and connect with each other (see TAB time)
2. There is a high trust level and everyone knows each other well
3. The Charter of Rights is discussed and the group use it to decide their group contract/code of behaviour
4. The group challenge negative behaviour such as bullying. They speak up for the rights of others
5. There are special activities/events where each individual's personal traits and achievements are celebrated by the group
6. Young people who are shy and isolated are befriended and mentored by older teenagers.
7. Meetings are structured so that it is easy for everyone to participate
8. Adults model good behaviours that promote positive peer pressure

What are our strengths?

What more could we do to create positive peer influence?

TAB Time - How it Works

What is TAB time?

TAB time is young people and leaders sitting down together for chat and conversation. They discuss everyday things and topics of interest. TAB stands for Tea and Biscuits or Take a Break. It is special time away from activities to talk and connect. Tea and biscuits can be a great focal point.

You may be doing something like this already. It is important to emphasise it and have a relaxed setting and special time set aside for it to happen. Groups should not be too big (5-8).

Some Ways of Getting TAB Time Going

- Groups can gather naturally around tea or coffee. Sometimes you need to set up small groups of young people and leaders
- Leaders explain TAB time and how it works
- Set aside special space and time for TAB Time to happen. Use small groups.
- It can begin with one or two small groups (during recreation) and grow from there. Not everyone needs to be involved initially
- Conversation may happen naturally but to begin it may be necessary to ask a few open questions. Here are some examples.
- How did your week go?
- Anything interesting happening?
- What is your view on _____, (some issue or event they are all familiar with)
- Focus on a series they all watch – who do they like most/least and why
- These type of questions are only used if necessary. The conversation may start naturally without them and should be let flow freely.

More on TAB Time

Values and Ground rules TAB Time

- Each person has time and space to speak
- There is no interrupting or talking over one another
- Each person is listened to and their views considered
- Each person says honestly what they think and feel

- Discussions are based on what young people want to talk about
- Leaders listen to young people, understand their viewpoint and only then offer their perspective and experience
- Everyone is encouraged, but not pressurised, to take part. Everyone is affirmed and treated with respect

Benefits of TAB time

- Trust is developed between young people and with leaders
- Young people become more confident at expressing themselves
- Everyone feels more connected and participates better in the club, group or project
- Young people become comfortable at discussing issues
- Good ideas for club activities and discussions can emerge
- Young people experience the benefits of Foróige's philosophy directly
- With so many activities going on these days for young people they badly need time and space just to sit down and talk.

Some Tips

- Give it time. It may take time to mature and may be a bit awkward at first
- It may begin with a small group and then others may form their own groups
- Keep groups small (5-8)
- As everyone gets comfortable at expressing themselves more substantial topics may arise such as exam pressure, bullying etc.
- Adults do not have to be experts. It is simply a matter of listening, discussing and when understanding where others are coming from, offering your perspective
- TAB time can lead to deeper discussions on topics or a club/group project.
- TAB time can be used to get conversations going between young people and groups of parents/ community members on issues of concern or sensitive issues.



CHARTER OF RIGHTS

IN FORÓIGE, ALL YOUNG PEOPLE
WILL HAVE THE FOLLOWING RIGHTS

★ THE RIGHT TO
SELF EXPRESSION &
FREEDOM OF SPEECH



★ THE RIGHT TO
KINDNESS & RESPECT

★ THE RIGHT TO
BE LISTENED TO & HAVE
YOUR VIEWS CONSIDERED

★ THE RIGHT TO
DEVELOP YOUR PERSONALITY,
INTERESTS & ABILITIES



★ THE RIGHT TO
EQUAL PARTICIPATION



★ THE RIGHT TO
BE SAFE FROM ANY
TYPE OF BULLYING
& THREATS TO WELLBEING



★ THE RIGHT TO
CONTRIBUTE & TO
IMPROVE THE
WORLD IN SOME WAY



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The Charter of Rights as a Source of Positive Peer Influence

The **Charter of Rights** is central to positive peer influence. If everybody is free to express these rights and respects them in others then this will generate a very positive atmosphere.

It is important that young people discuss the **Charter of Rights** and decide how they will put it into practice. There is no doubt that these rights are practiced already. However it is important for everyone to think about them, discuss them and create new possibilities.

Developing club/group contract based on the Charter:

- Young people and adults divide into groups.
- They discuss each right with the following questions.
- What does this right mean to us?
- What behaviours will we practice to promote this right?
- What behaviours would interfere with it?
- (You may initially focus on 2-3 rights and do the rest on another night)

Each group should come up with 3/4 behaviours. These are then organised into a group contract on which everybody agrees.

Challenging behaviour using the Charter of Rights

Sometimes negative behaviour will still occur. It is important to involve the group in standing up for the rights of others and discussing it on the basis of the Charter. Disruptive members need to be encouraged to respect the rights of others and express their individuality in positive ways. The following questions are useful in the discussion:

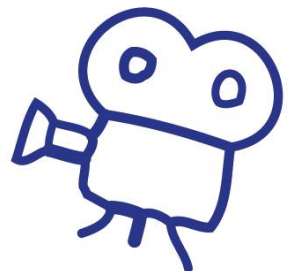
- What rights are being infringed here?
- What do we need to do about it?
- How can young people who are disruptive express themselves in a positive way?



Activities that Help Young People Express Rights in the Charter

Many young people may lack the confidence to express these rights fully. The club/group may need to organise special activities to help them do so. Here are some more examples

- Fun games where everyone gets comfortable at expressing themselves and gets to know others
- TAB Time that respects the rights in the Charter and helps everyone experience them in practice
- Special mentoring for those who may be shy or isolated, where they experience kindness and respect
- A wide variety of activities that reflect the different interests and talents of individuals
- Small group discussions that make it easy for members to express themselves
- The group assess their meeting based on how good the listening was. They mark the listening out of ten. They discuss ways they can listen better
- Events and activities where young people get praise and recognition from leaders and from each other
- Exercises that help everyone find out what they love doing
- A project where everyone can make a contribution to their community and gets recognition for it



Activities that Celebrate the Strengths of Each Person

Run a special activity or event that honours the strengths of each person and the contribution they make.

For example:

- Each person traces out their hand or body on a sheet that is placed on the wall. Everyone writes the positive qualities and strengths they see in that person and the contributions they make
- A special event to celebrate the achievements of the group and the contributions each person has made
- Each person writes their name on a page and passes it around the group. Other write what they see as the positive qualities of that person.
- Note: It is important that member know each other well and that trust is built
- Activities that honour the particular strengths and talents of young people or the group e.g photography, variety show, dance etc followed by recognition.

Positive Peer Influence at Inter Club Events

- Inter club events are a great opportunity for young people to experience positive peer influence in a wider social setting. Here are a few possibilities for making this happen
- Plan inter club events so that everyone will experience a positive atmosphere and a sense of togetherness
- Make sure everyone is welcomed properly and experiences a positive atmosphere created by the hosts
- Games that give everyone an opportunity to get to know others from different clubs/groups
- Organise TAB time groups with young people and adults from different clubs/groups
- Organise activities where everyone “mingles” as much as possible
- The “ethos” of the event is advertised beforehand and everyone agrees and signs up to a positive code of behaviour based on the Charter of Rights
- Have posters around the walls that convey messages of positive peer influence
- Exchange of ideas on the positive activities that clubs/groups are doing
- Organise a speaker on a topic such as positive peer influence or mental health

Cyber Safety, Mental Health and Bullying

Cyber Safety

Organise workshops on cyber safety

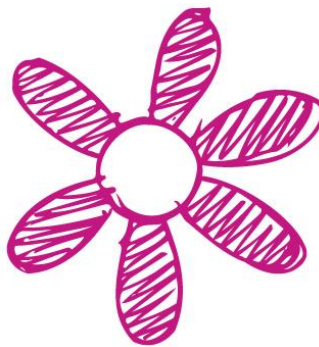
Note: Foróige has partnered an **Intel** Company called **McAfee** with the aim of providing workshops on cyber safety for staff, volunteers and young people throughout Foróige.

Bullying Awareness Workshops by BPU

The Best Practice Unit has designed four workshops on bullying. These can be run with young people in your group/club. They are available on the staff portal or from the BPU.

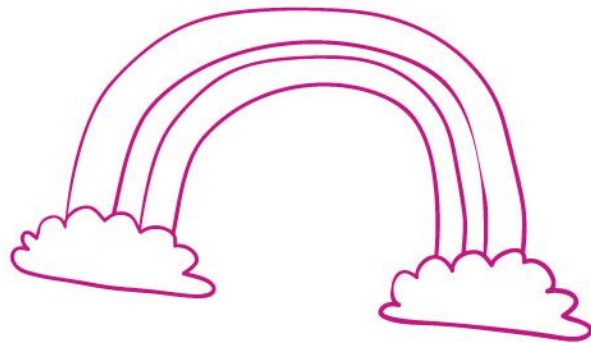
Create your own projects

Develop your own creative project on issues such as **mental health**, **bullying** and **positive peer influence** using for example: video, drama, art, discussion, workshops etc.



The Reference Panel who are the National Youth Representative Body of Foróige developed the concept of positive peer influence at their Conference last October. They are its champions and ambassadors! They came up with the following description of positive peer influence which they called the Perfect Group.

People	People come first
Expressing	Everyone expresses their true self and beliefs
Respecting	Everyone shows respect to others and receives respect in return
Friendship	Good friendships are formed and good networks of friends are developed
Equality	Each person can participate equally
Comfort	Each person feels comfortable in the group
TAB time	There is time and space to chat about everyday things and issues of concern (Tea and biscuits time)
Growth	You grow as a person as a result of being part of the group
Role Model	There are positive role models in the group
Opinions	Everyone expresses their opinions and has them considered
Unity	There is a unity and togetherness in the group. <i>"All for one and one for all!"</i>
Personality	Each individual's personality is valued and encouraged to develop



AT THE HEART OF
BUILDING STRONGER
COMMUNITIES IN IRELAND

