Introduction

A situation in which a student is exposed repeatedly and over time to negative actions on the part of one or more students.

The consequences of bullying and cyberbullying

Bullying - Cyberbullying

- Anxiety, depression, social isolation, hostility, anger
- Risk of loneliness, decreased self-esteem, lower school achievement
- Mental health problems
- Conduct problems, low prosocial behavior and not feeling safe at school

Mindfulness

Awareness that emerges through paying attention on purpose, in the present moment and nonjudgmentally.

What do we need?

- Increased understanding of the devastating impact that bullying and cyberbullying has on their students and their children
- Awareness of the devastating impact on their bullying and their children

Conclusion

Mindfulness

A awareness of the devastating impact their bullying and their children

What do we need?

- Improved awareness of bullying and their children

Current anti-bullying programmes

National Action Plan on Bullying of the Irish Department of Education and Skills

- Awareness of the devastating impact that bullying and cyberbullying has on their students and their children
- Turn their attention to the well-being of their students and to programmes which can increase positive coping strategies and decrease mental health problems.

To present MINDFULNESS techniques as a way to combat and alleviate the negative effects in victims in terms of mental health.

- Decreased inattentive and hyperactive behaviours
- Reduced stress, pain and anxiety
- Improved behaviour
- Moderation of the effects of depression
- Decrease in avoidance of dealing with such emotions and increase in problem solving skills

Concluding

Benefit of mindfulness

- Decreased inattentive and hyperactive behaviours
- Reduced stress, pain and anxiety
- Moderation of the effects of depression
- Increase in avoidance of dealing with such emotions and increase in problem solving skills