

EyePAT receives funding from the Big Lottery to run Happy Kids Don't Bully Assemblies in 15 South Wales Schools.

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EyePAT CIC, from the Vale of Glamorgan, is very excited to announce they have today been awarded a grant from the **Big Lottery Fund** to run their extremely successful **Happy Kids Don't Bully Workshops** in 15 schools in Rhondda Cynon Taff, Neath Port Talbot, Torfaen and Gwent.

We believe this will make a real difference to bullying within these schools as EyePAT's goal is to directly or indirectly reach 3000 children through these Assemblies. We take bullying and turn it upside down to get to the root cause, why is the person bullying?

**"Being unhappy does not make you a Bully,
but malicious bullying is only carried out by unhappy people".**

One of the saddest bullying statistics is that 18% of children never talk to their parents about being bullied. Why? Because the target believes it is their fault; that there is something wrong with them, be it their height, race, skin colour, hair colour, weight, intelligence, attitudes or beliefs. In reality it is none of these as the reason does not lie with them.

**We all look and think differently so whilst this may be a trigger or excuse for bullying
it is never a reason!**

The reason chronic bullying is taking place is because the "Bully" is displaying a coping behaviour to try and deal with their own insecurities, fears and issues.

EyePAT's Happy Kids and Happy People's programme works, as it gets to the root cause of the problem? As Penny Steinhauer, EyePAT's Training Director explained, there are basically 4 different types of bully. Accidental, Opportunistic, Health Issues and Chronic. **Happy Kids and Happy People Don't Bully** are designed specifically to work with the Chronic Bully, the malicious bully..

The pupils analyse why a person displays bullying behaviour and come up with many different reasons including • feeling bad about yourself • need to feel power • being abused • jealous • unloved • self defence. The lists are endless and the young people need little prompting to come up with the ideas, when they really think about it, they know why it's happening.

Penny explained that in one school where they ran the workshop, a little boy of 7, who regularly bullied the other children, wrote his reason as "because you are being hit at home". Until then the school had no idea why he behaved the way he did. They had planned to expel him.

At another workshop a little girl appeared with a piece of paper and pressed it into Penny's hand. When Penny asked her if she wanted it thrown away, she said "no, please look at it". On it was written "Mummy I'm being bullied", she was only 6! She said "I know it's ok now to tell my Mum as it's not my fault!".

At another school workshop a 16 year old lad, who was a recognised bully and gang leader came up to Penny afterwards and asked her if she could help him. In his case he came from a family where bullying was seen as normal and applauded behaviour. If he wasn't the biggest baddest boy, his Dad

Press Release
EyePAT CIC
www.eyepat.org Tel: 01446 795055 Mob: 01446 796737

beat him up for being soft. He knew there was more to life and had ambitions to change his but until then nobody had ever asked him why he did it. His school had pretty much given up on him.

The concept behind these workshops was developed initially with Bridgend Restorative Justice Team for a conference for Mental Health Matters Wales. The EyePAT workshops were officially launched in July 2013 at the Senedd and were sponsored by Jane Hutt AM. EyePAT run these workshops in schools under the title **Happy Kids Don't Bully** and in the workplace as **Happy People Don't Bully**. Penny is also increasingly being asked to speak at conferences, having recently spoken at the Torfaen Staff Conference, the Children in Wales Preventing Bullying Behaviours Group and is looking forward to speaking at the Cardiff Against Bullying's Young People's Conference, at Cardiff City Stadium on 23rd Oct.

The response and feedback she has received sums up the success of the workshops.

"Really enjoyable and a very interesting insight which will change some people's outlook. It was inspiring and I could have listened all day!"

"Very enjoyable session, very well delivered and very informative. Really found it worthwhile."

"Very interested and enjoyable – another way to look at the subject".

EyePAT has for 4 years been providing extremely successful Online Safety Workshops for the education and care sector, working the many local authorities, schools and charities. The idea for Happy Kids Don't Bully was born out of the cyberbullying element of these workshops.

The message from these **Big Lottery Happy Kids Don't Bully Assemblies** will be very clear:

**"Being unhappy does not make you a Bully,
but malicious bullying is only carried out by unhappy people".**

To support their work EyePAT have put together a booklet called "Understanding the Bully". It's available free from <http://www.eyepat.org/bullyingresearch>.

EyePAT have also produced their own films to support Happy Kids Don't Bully. These films are available on their website <http://www.eyepat.org/filmlinks>.

They have also produced a video to support the Happy People Don't Bully Workshops <http://eyepat.org/happypeople>

EyePAT CIC is a Not for Profit Community Interest Company, whose trustees include 3 Head Teachers, 2 Heads of Department, a GP, a Police Officer, a Chief Officer of the Community Health Council, 2 Trainers, an IFA and a Marketing & Business Consultant. <http://eyepat.org/aboutus>

Contact: Penny Steinhauer
EyePAT CIC - Training and Operations Director
Tel: 01446 795055
Tel: 079 699 13253
email: penny@eyepat.org
web: www.eyepat.org

or
Sybil Fowler
SLR Marketing
Tel: 077 117 965 74
email: sybil@slrmarketing.com