



# FREE WORKSHOP

**Saturday, October 21, 2017**

**10:00AM–12 Noon**

**Freedom House Recovery Center  
104 New Stateside Dr.  
Chapel Hill, NC 27516**

## ***“From Bystander to UPstander”***

*How to diffuse and reduce conflict when witnessing harassment and bullying*

*Facilitated by*

*Will Dudenhausen*

*From the*

*Dispute Settlement Center*



### **Did You Know...**

- More than 1 out of every 5 students report being bullied
- 90% of teens who reported being cyberbullied have also been bullied offline
- Bystanders equipped to deal with incidents of harassment and bullying can reduce the negative effects to themselves, and the person targeted

Parents will gain insight into what measures may help their children effectively deal with harassing or bullying situations. This training is designed to give participants skills to confront, diffuse, redirect, and document harassment or bullying when witnessing it as a bystander. Through hands on practice, participants will develop skills related to conflict de-escalation, practice these skills, and develop a shared understanding of how the skills can be put to use in their communities and schools.

This workshop provides information and skills practice in:

- ◇ Understanding choices when witnessing harassment
- ◇ Understand the bystander effect, and how it affects our communities
- ◇ Learn skills for providing aid to victims, and the information needed to effectively document harassment



**Parents, Educators, and Adults from Child-Serving Communities are invited to attend.**

***This Workshop is not appropriate for youth under 18 years of age***

**Registration Deadline : Thursday, October 19**

Have questions?– or to register, contact Georgia Gamcsik, Family Advocate

By e mail: [Georgia.g@fhrecovery.org](mailto:Georgia.g@fhrecovery.org) or call :919-942-2803 extension 265

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