



MAYO

**Mental Health
Association**

PRIMARY SCHOOL

**DIRECTORY OF TEACHING RESOURCES AND
TRAINING:**

ANTI-BULLYING AND CYBER SAFETY



***NOT AN EXHAUSTIVE LIST**



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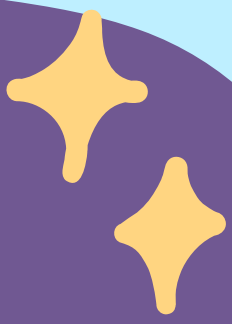
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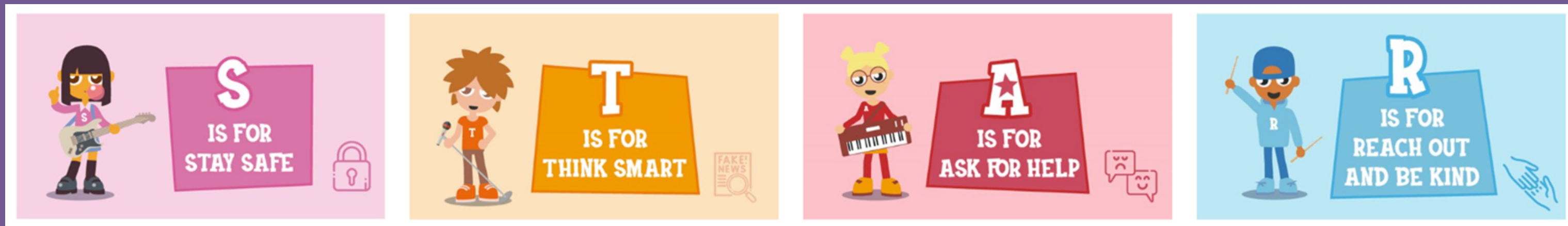
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BARNARDOS ONLINE SAFETY PROGRAMME FOR SCHOOLS



- Lessons for 3rd-6th class.
- Powerpoint presentations, worksheets and videos freely available to download.



DIGITAL WELLBEING LESSONS



- Research-based lessons to support social-emotional learning and digital wellbeing.
- Build agency, reduce anxious thoughts, and increase tech-related mindfulness.
- 6 lessons for primary (elementary) school (one lesson per class).
- Additional middle-school lessons may be suitable for 6th class.

Pause for People

How do you say goodbye to technology when you don't want to?

GRADE

K

TIME

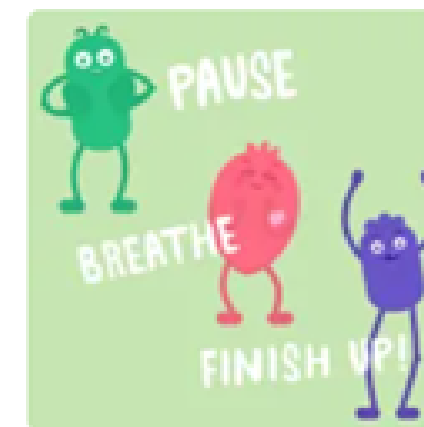
30 mins.

INCLUDES

Media Creation

Song

Video



CYBERSAFE KIDS

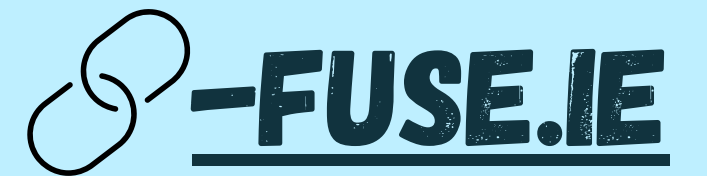


- An Irish charity committed to equipping children with the skills and knowledge to navigate the online world with confidence, resilience, and safety.
- Talks for 3rd-6th class (fee applies).
- Covering topics: Managing Digital Footprint, Social Media and Gaming, Misinformation, Cyberbullying and more.
- Talks for teachers also available.



Session	Duration	In-Person	Webinar
4 Classes	40 mins x 4	€410	€315
3 Classes	40 mins x 3	€340	€265
2 Classes	40 mins x 2	€265	€199
1 Class	40 mins	€200	€150
Adults	60 mins	€295	€220

FUSE ANTI-BULLYING LESSONS



- Developed by DCU Anti-Bullying Centre.
- Ireland's only research-based anti-bullying and online safety programme for primary and post-primary schools.
- Consists of a suite of lessons and accompanying resources facilitated by teachers in a classroom setting.

GOOGLE, BE INTERNET LEGENDS RESOURCES

 **-BE INTERNET LEGENDS**

- Digital Safety Resources.
- Includes online game, Interland, which aims to make learning about digital safety and citizenship interactive and fun.
- Scheme of work for teachers including lesson plans, activities and worksheets. Freely available to download.



ANTI-BULLYING AND CYBERBULLYING RESOURCES



Publication

Resources for Primary Schools

From [Department of Education](#)

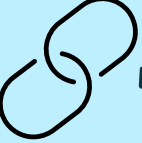
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1. [Curriculum and Wellbeing](#)
2. [Cyberbullying and Online Safety](#)
3. [Homophobic and Transphobic Bullying Behaviour](#)
4. [Racist Bullying Behaviour](#)
5. [Restorative Approach to Bullying for Educators](#)
6. [National Educational Psychological Services \(NEPS\)](#)
7. [Tusla](#)
8. [Other Resources](#)

- Includes links to resources and training.
- Including cyberbullying, racism, homophobic and transphobic bullying.

SHIELD ANTI-BULLYING PROGRAMME

 **ISPCC**

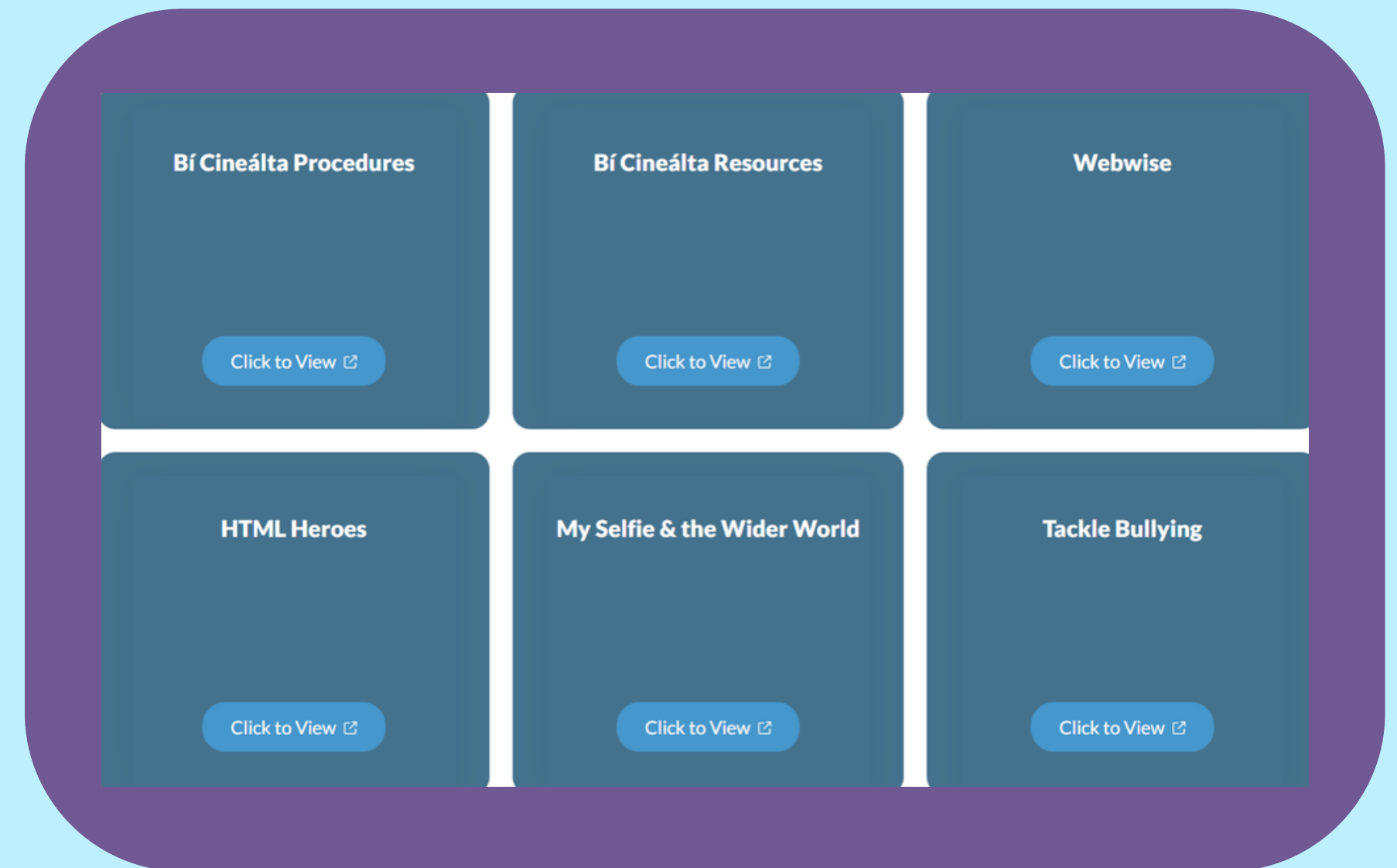


- An evidence-informed resource that supports your organisation to gauge its effectiveness in relation to bullying.
- Organisations are encouraged to work through the Shield Self-Evaluation Tool  and to receive upon review and support by ISPCC Shield Status  for their organisation.

BÍ CINEÁLTA RESOURCES



- This section will contain resources which can be used to support the prevention and addressing of bullying behaviour.
- Links to many useful websites such as Fuse.ie and 'HTML Heroes'.



ACCEPTABLE USE POLICY GENERATOR



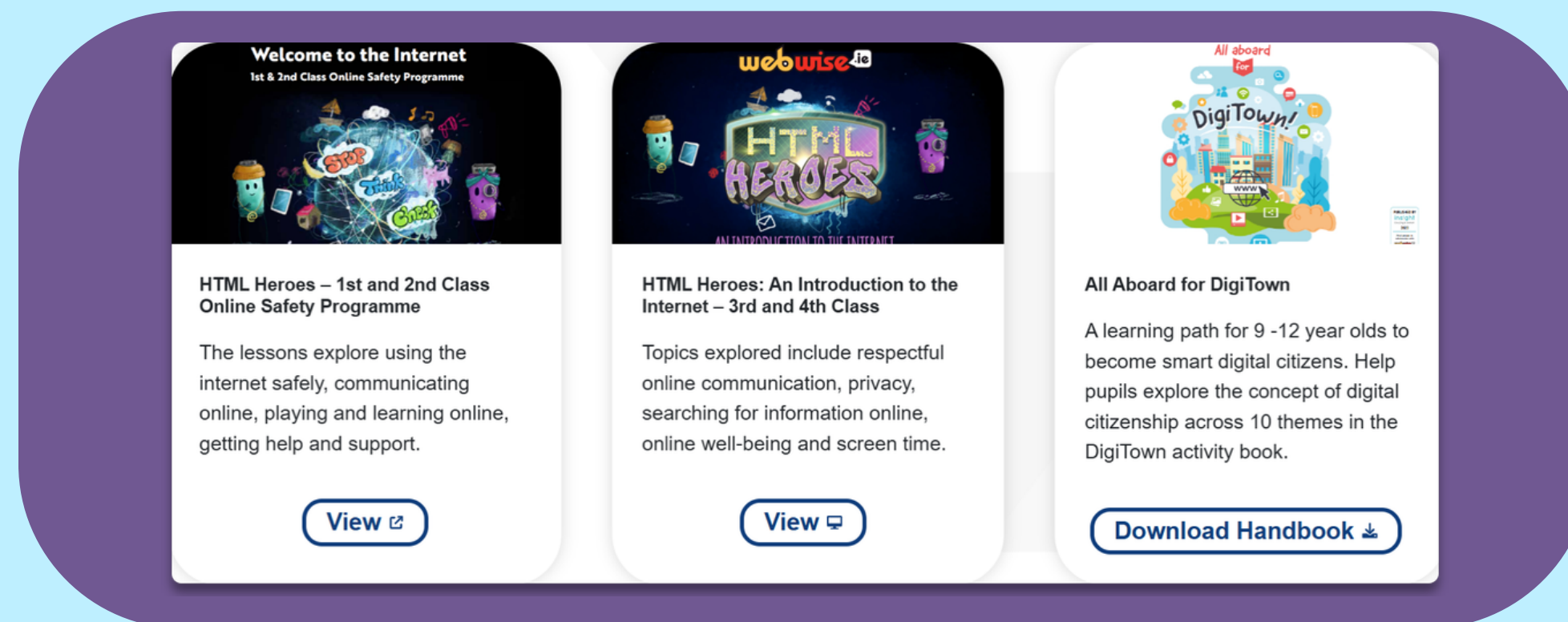
- For principals/school management.
- Developing your school acceptable use policy.
- Including an AUP template for schools, sample policies and a tool to generate school specific policy.



WEBWISE RESOURCES



- Free resources.
- 'HTML Heroes' (1st & 2nd class; 3rd & 4th class)
- 'All Aboard for DigiTown' (Digital Citizenship for 9–12 year olds).
- 'My Selfie and the Wider World' (5th & 6th class).



CYBERBULLYING IN PRIMARY SCHOOLS: UNDERSTANDING, PREVENTING AND RESPONDING



Course Details

+ AVAILABILITY

Open Now, Term time

+ DATES AVAILABLE

21-06-24 to 20-06-25

+ TARGET AUDIENCE

All primary teachers and school leaders

+ SECTOR

Primary

+ STUDY TIME

2 hours

+ PLACES

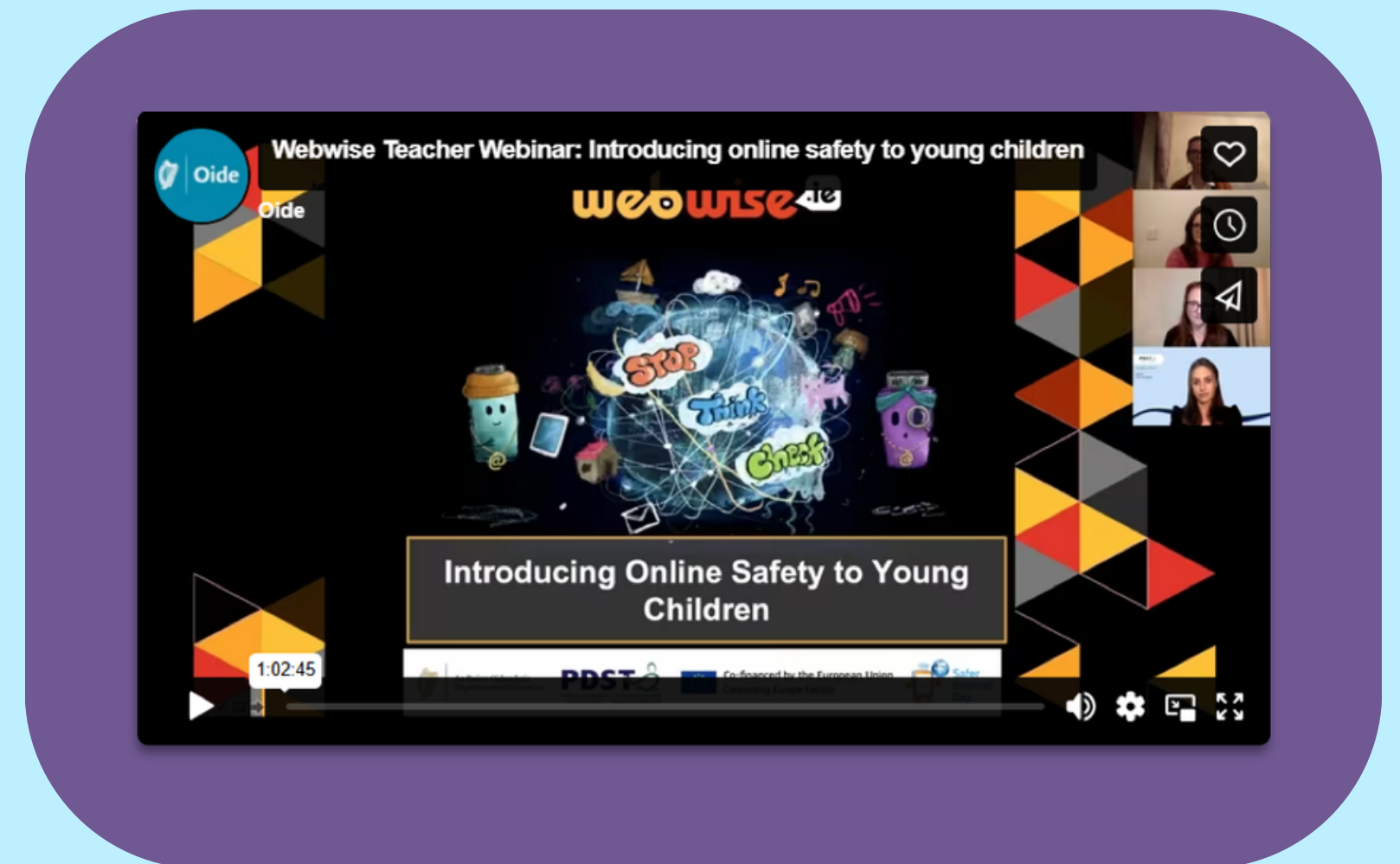
Unlimited

- **Dates available:** 21-06-25 to 26-06-26.
- **Study time:** 2 hours.
- **Target audience:** All primary teachers and school leaders.
- To provide you with the knowledge, resources and confidence to teach about cyberbullying and deal with cyberbullying incidents as they arise.

INTRODUCING ONLINE SAFETY TO YOUNG CHILDREN WEBINAR



- Suitable for teachers of 1st & 2nd class.
- How best to introduce younger pupils to the first steps of accessing and using the internet in a safe and responsible manner.
- Including links to resources mentioned in the webinar.





MAYO

**Mental Health
Association**

Support

Mayo Mental Health Association

Tel: 094 903 8148 **Email:** admin@mayomha.ie

Mayo University Hospital A&E

Tel: 094 902 1733

MindSpace Young people aged 12-25

Tel: 094 906 7001 **Email:** info@MindSpacemayo.ie

Text 50808 – Free text **“Hello”** to **50808**

24hr service text50808.ie

Pieta House: 1800 247 247

The Samaritans: Free Phone: 116 123

24 hr support Samaritans.org

Childline: Free Phone: 1800 666 666, **Free Text:** 50101,
Live Message childline.ie, 24 Hr support

IACP: 01 230 3536 – Irish Association of Counselling and
Psychotherapy

Bealach Nua

Tel: 086 045 0835 / 087 974 9288

Castlebar Office: Mayo Mental Health Association,
2 New Antrim Street, Castlebar, Co Mayo, F23 KN20
Office Hours: Mon - Thurs 10 - 4pm, Fri 10 - 3pm

Ballina Office: Mayo Mental Health Association,
Bohernasup, Ballina, Co. Mayo, F26 Y4E0
Office Hours: Mon - Wed 9.30 - 4pm

Charity No: CHY7866

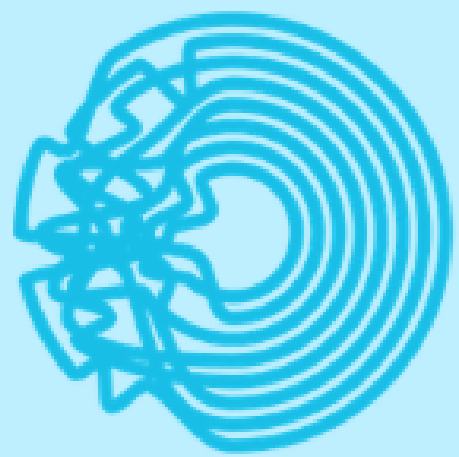


Mayo



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MAYO

Mental Health Association



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**Information
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Education
Programmes**

**Social
Housing**

**Health
Promotion
(Community)**

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