

BULLYING & HARASSMENT

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This course equips delegates with the knowledge and skills to recognise, prevent, and appropriately respond to bullying and harassment in the workplace or care setting. It explores key legislation, common behaviours (including cyberbullying), and the emotional impact on individuals. The session also focuses on building confidence in reporting concerns, supporting others, and fostering a culture of inclusion and safety.

Introduction

- Welcome, ground rules, and course aims

Course Programme

- Definitions of bullying, harassment, and victimisation
- Exploring behaviours and signs to watch for
- Legal responsibilities and organisational procedures
- Cyberbullying and emotional blackmail
- The cycle of bullying and its effects
- Roles, responsibilities, and responding to disclosures
- Reporting concerns and promoting safe cultures
- Summary, Q&A, and course evaluation

Suitable for:

Care, Education
and Commercial



"The statistics surrounding workplace bullying are alarming, with studies showing that up to 35% of employees have experienced bullying in the workplace." Civil Mediation Council