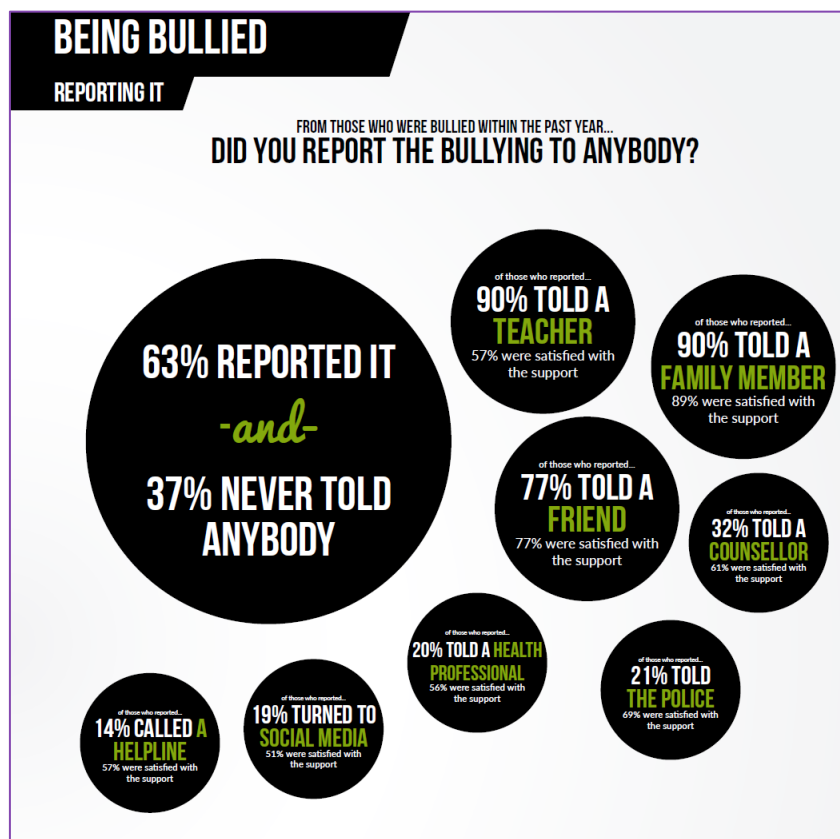


Equine Assisted Learning: Helping to Challenge Bullying

FROM ALL YOUNG PEOPLE:
1 IN 2 HAVE BEEN BULLIED AT SOME POINT.
1 IN 5 HAVE BEEN BULLIED WITHIN THE PAST YEAR.
1 IN 10 HAVE BEEN BULLIED AT LEAST ONCE IN THE PAST WEEK.

These **shocking statistics** are from **The Annual Bullying Survey 2017**. The survey also reports that:

- ❖ The impacts on health, self-esteem and performance are significant. **36% of those who have been bullied said it made them feel depressed** and **1-in-4 turned to self-harm** as a coping mechanism.
- ❖ Young people who have a **learning or physical disability** or who identify as **LGBT+** are some of the most likely to be bullied. **Race and religion** were also linked to rates of bullying.
- ❖ **37%** of young people who were bullied **never reported it**; of those who did report, 90% told a **teacher** but **only 57% were satisfied** with the support they received.



Nevertheless when it comes to reporting problems with bullying, **honesty is the best policy** and victims who cover up bullying activities are only contributing to the problem. Students who witness bullying and fail to act are only encouraging bullies to continue their abusive behavior. **Only by being open and honest and confronting bullying can students help resolve bullying problems.**

However it is important to not only **provide reactive support to the victims of bullying**, but also to help young people going through **stressful and traumatic situations** who are the **most likely to bully others.**

Many young people who resort to bullying have **negative mindsets, inferiority complexes** and **prejudices** that they need to overcome. By making an effort to re-educate these young people, **their lives can be changed for the better.**

Have you heard about Equine Assisted Learning (EAL): A unique learning experience with amazing benefits?

Inspired Equine Assisted Learning CIC facilitate programs that are wonderful for helping children and teens establish themselves as **confident and assertive young people with no need for aggression.**

Horses understand instinctively how to differentiate between potentially threatening behaviour and a calm and assertive nature, and so those who have the chance to participate in EAL sessions are able to learn how to **successfully understand and modify their behaviour** through a series of interactive exercises that **cannot be delivered in a classroom.**

EAL does not involve riding and no prior experience with horses is required.

Did you know there is a local EAL Centre with a program specifically designed to challenge bullying and inspire confidence?

The program encourages students to **interactively explore** options that can help in **resolving bullying**, including:

- ❖ Seeking immediate assistance
- ❖ Standing up for their friends and offering support
- ❖ Not participating in bullying incidents by laughing, teasing or gossiping about them to others
- ❖ Rallying a group of friends to challenge unwanted behaviour
- ❖ Promoting positive behaviour where everyone is treated with courtesy and respect

For Further Information

For more information or to arrange an informal visit to the Centre to discuss your needs, please:

Telephone **Mike Burrow** on **07729 909186.**

Email **info@inspired-eal.co.uk**

See our website **inspired-eal.co.uk**

**Inspired Equine Assisted Learning CIC is a not-for-profit company limited by guarantee.
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