

Welcome to Groundswell Health Promotion & Boiled Frog Adventures.

Cyber bullying is a significant and concerning social justice issue impacting on many schools, communities and workplaces across Australia. The negative impact of this contemporary form of bullying is on the increase and without intervention manifests itself in poor school and work performance, mental health issues and erodes self esteem.

Grassroots and sustained interventions are essential for addressing bullying through prevention, response and reporting strategies that enable positive school and workplace cultures based on equality and respect.

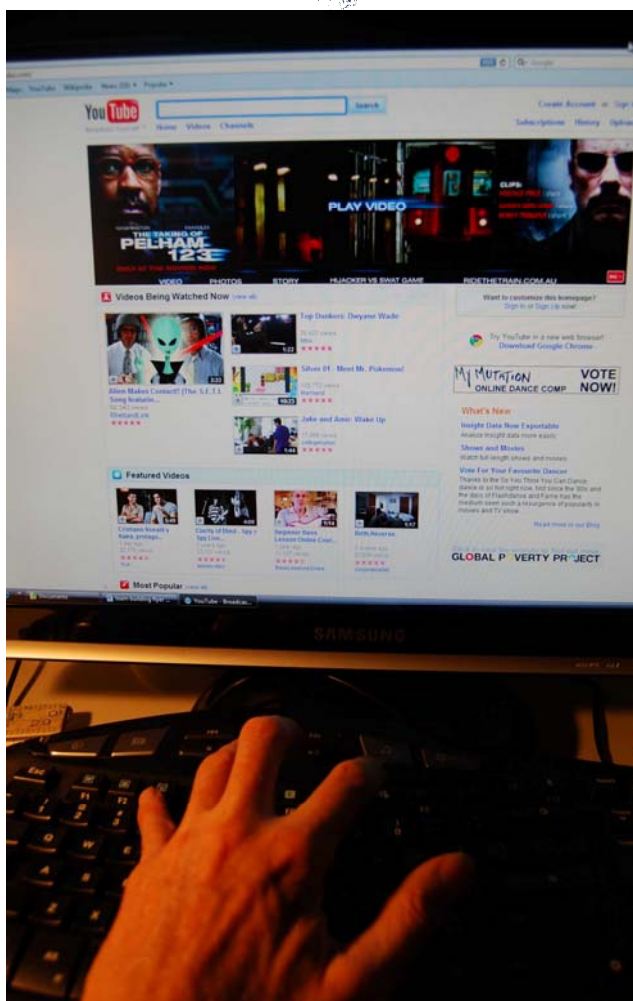
Groundswell & Boiled Frog draws from 20 years service delivery of adventure and health programs in welfare agencies, schools, businesses, and the wider community.

Workshops or programs can be tailored to meet specific needs or alternatively select one already developed.

We are registered and fully insured Australian Businesses. [Home - Groundswell Design](http://www.groundswelldesign.com.au)



# CYBER BULLYING



## Workshops or programs cover:

- How can we prevent & address bullying
- The law and response strategies
- Information age issues
- Creating and promoting positive school and workplace cultures
- Team building and accessing support



## About the facilitators!

Mark Braun is a fully qualified adventure and rescue service professional having worked with many organisations and schools since 1997.



Paul Weight is a fully qualified welfare and health promotion professional having worked with many schools and organisations since 1996.



Both Mark and Paul have received regional and national awards for excellence and are committed to social justice and promoting compassionate, healthy and vibrant communities.

All programs and workshops are based on the best available evidence and practical experience from both facilitators.

All staff have current checks and are quality assured.