



This is an award winning, new approach to Student Wellbeing and Early Identification of Hidden Bullying that is leading new ways of thinking.

It offers a means of early identification of hidden bullying and much more. It provides a relationships analysis so teachers can access the underlying (hidden) dynamics at play in their classrooms while they themselves are focused on teaching and learning. They can identify and help vulnerable students and ensure the psychological safety of all students in their care.

Implementation is very easy where schools have a computer room or students can use the teachers laptop. Once a teacher is set-up on our system, they receive an email from noreply@cooperation.ie. When they log in for the first time the first online training session automatically plays (approximately 35 minutes) and then they will need to click "Continue". This first session is mandatory, the other four online sessions can be completed anytime by individual teachers or preferably as a whole staff or smaller teacher teams. Once the first training session has been watched and the teacher clicks "Continue" they will have access to the sociogram, and all the other resources.

Teachers can then upload their class lists and give students a link to complete the sociometric instrument in class (this takes students approximately 1 minute). Teachers then continue with their normal class and can access the report later. The report contains comprehensive, extensive data that can be used to assist and improve individual relationships, class culture and student wellbeing in a targeted effective manner.

Overall, the Helping Hands WABP combines high-quality professional development for school personnel with an easy-to-use diagnostic tool that accesses the underlying relationship dynamics in groups. It can pinpoint students who are already excluded from the peer group, as well as identifying situations where there is a potential for bullying to occur or to escalate. Teachers can use this new knowledge and software instrument to:

- Prevent bullying
- Intervene early before bullying becomes entrenched
- Develop classroom teams that are welcoming to all
- Build support networks around vulnerable students
- Create conditions that make it safe for students to tell
- Help empower students who are victimised
- Ensure that students who engage in bullying behaviour learn to have appropriate levels of power
- Engage the support of parents

The software instrument can also be employed for School Self-Evaluation (SSE), as it yields high quality data, with minimum teacher input.



The subscription includes full access to five online training sessions, case studies, and unlimited access to the sociometric instrument for the academic year. The sociogram is at the heart of the programme and it was developed through rigorous research - it is not another add on programme, rather it integrates with and aids classroom management.

Schools are also offered continued support when introducing the programme in their school. In addition, Dr. Maria Garvey offers **free live Q&A session** for customer schools

The programme is fully GDPR compliant.

About the Founder – Dr. Maria Garvey

Dr. Maria Garvey is the designer of the award-winning *Helping Hands Wellness & Anti-Bullying Programme* and CEO of *Cooperative Learning Institute Ireland*. Maria was a secondary school teacher for 23 years and was also the anti-bullying coordinator in her school. As Development Officer with SLSS and Advisor with PDST, she provided Professional Development support to colleagues. She lectures in education in TCD and DCU. *Helping Hands WABP* represents the culmination of her life's work and is based on her PhD research - *'Early Identification of Hidden Bullying'*.

Some Testimonials

"The Helping Hands Anti-Bullying Programme has helped us reassess how we look at the issue of bullying within our school. The program allows us look at the hidden nature of bullying and get a clear insight into student relationships across the school and employ a proactive team orientated approach to support all students."

Fergal Boyle, Principal, Coláiste Dún an Rí (Post Primary School)

'The Helping Hands Anti-Bullying programme is an innovative and ground-breaking programme which has shown us the different dynamics that can exist in the classroom. The software allows the children to identify and organise themselves into teams for group work. This gives the teacher an overall picture of the relationships that exist in the classroom.

Maria Garvey has her finger very much on the pulse with this programme. An excellent resource for schools.'

Peter Dooley, Principal, Ballapousta (National School)