

Bully Awareness and Prevention

Sustaining Rhythms offers an eight week *Bullying Awareness and Prevention Program*, based on the very successful Rhythm2Recovery model that uses drum and percussion musical activities to shine a light on peer interaction in a fun and empowering way.

Bullying can threaten students' physical and emotional safety at school and can negatively impact their ability to learn. The best way to address bullying is to stop it before it starts.

Rhythm based interventions have been found to engage *high risk* young people, including both bullies and victims, who are resistant to traditional *talk based* programs and to transfer social awareness and understanding that improves their relationship with both peers and adults.

Our program is suitable for both the general classroom, and for targeted *at risk* groups.



Sustaining Rhythms Music Circles



www.sustainingrhythms.com.au



Contact Glenn Huxtable on 0413284095 or email Sustaining.Rhythms@gmail.com to find out more, and book a program