

# Solving the Jigsaw

---

Changing the Culture of **Violence**  
Building a Culture of **Well being**

**Solving the Jigsaw is a multi award winning school based violence prevention and well being program. The Solving the Jigsaw team has 12 years experience in the development and delivery of school based, group work programs for children and young people.**

## Professional Development and Training Modules 2010

**The Solving the Jigsaw training team provides nationally accredited competency based facilitator training courses, training workshops and professional development modules.**

**We provide training for teachers, welfare and social work professionals, tertiary students, children's workers, agencies and organisations.**

"Wonderful ideas and infectious enthusiasm in the presentation"  
Training participant



Solving the  
**Jigsaw**



# Who can attend ?

Taken as a whole the six modules provide a comprehensive training program for a practical whole school or cluster approach to well being, violence and bullying. The modules provide an excellent training opportunity for implementation of the National Safe Schools Framework.


Schools, organisations or groups of people may contact Solving the Jigsaw to run a program of their choice. This booklet outlines a series of training modules designed to cover a range of well being and violence prevention skills, activities and strategies.

## Time commitment

Each module is designed as a one day professional development program.

## Training Style

The training is interactive and includes activities, resources, discussions, video footage and transcripts of interactions with children in the classroom and during individual follow up.



"Comfortable environment—being engaged—not being talked at' Training Participant

## Cost

Scheduled training days funded through, The R.E. Ross Trust, & Portland House Inc. Additional training cost to be negotiated per full day workshop for up to 30 participants (plus travel and overnight costs – if applicable)

## **Module One**

# Whole School Approach to Violence and Bullying

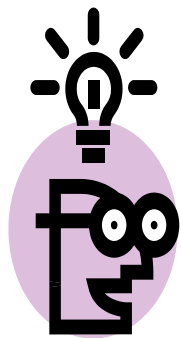
In this module you will develop an understanding of violence and bullying

- the types of violence
- the effects of violence on children, schools and communities
- the dynamics of violence
- the use of power and control
- the impact of naming violence

"Would love to see you at our school for whole school PD" Training Participant

You will explore a range of scenarios and practical strategies for:

- managing and responding to conflict in the classroom and the playground
- naming and challenging violent behaviours
- supporting victims and bystanders to take action and seek support
- supporting perpetrators of violence to understand the impact of their behaviour and to make changes



"I will use "I" statements, three steps to sorry and small group mediation" Training participant

## ***Module Two***

# **Facilitating Respect, Valuing Diversity, Encouraging Discussion and Maintaining Confidentiality**

**In this module you will learn:**

- **How to establish and use group rules**
- **Conduct interviews and build new connections and safety in the classroom**
- **How to use confidentiality to ensure personal safety and respect**
- **About good and bad secrets**
- **Strategies for bringing philosophy into the classroom through the exploration of values, beliefs and concepts.**

**"Lots of practical experience , strategies I can use tomorrow and permission to try without having to be 100% first go'  
Training Participant**



**"Presenters were interesting and knowledgeable, activities appropriate'  
Training Participant**

## **Module Three**

# Awkward Conversations with kids

Responding to 'scary' awkward and uncomfortable conversations with kids.

In this module you will learn what to say and do when a child tells you:

"My parents had a fight last night and the police came"

"My sister's got depression"

"My Dad smokes drugs"

"My Mum thinks she's got cancer"

"My big brother came home drunk last night and my Mum hit him"

"I live in a caravan park"

"My big sister was in bed with her boyfriend"

"I don't like Mr Rogers because he yells at me"

"I think my parents are going to break up"

"I don't like my Mum's new boyfriend"

"I want to spend more time with my Dad"

"My sister never gets into trouble and she's mean to me"

"I don't know who my Dad is"

"My Grandpa touched me"

"My Uncle committed suicide"

"The other kids leave me out of games"

In this module you will learn and practice:

- Ways of enquiring, listening and responding to children and young people
- Avoiding jumping to conclusions
- Supporting a child through a traumatic life issue
- Strategies for valuing individual thoughts, ideas, uniqueness and life stories
- Ways of developing trust, group bonds and caring within a group

"Realistic  
about issues  
and strategies'  
Training  
Participant

## ***Module Four***

# Creating a Caring and Nurturing Classroom

In this module you will explore strategies for fostering strengths and gorgeous qualities through:

- Activities and catch ups
- Supporting and encouraging positive language
- Developing your conversation techniques
- Speaking from the heart
- Building peer support within the classroom
- Encouraging connection, belonging and intimacy within the classroom
- Using photo language
- Making each day a new beginning
  - No put downs

## ***Module Five***

# Conflict within the School Community

In this module you will learn strategies for responding to conflict. You will learn:

- To use restorative justice strategies
- The three parts of sorry
- To recognise your personal hooks, bias, values, beliefs and prejudices
- To understand appropriate and inappropriate expressions of anger
- To name and challenge behaviours
- To be persistent and consistent
- About friendships and power dynamics.

"Developing strategies to deal with any conflict situation without losing control"  
Training Participant

## **Module Six**

# Exploring Feelings and Emotions in the Classroom

In this module you will develop skills in:

- Role modelling and guidance
- Supporting the expression of feelings and emotions
- Understanding appropriate and inappropriate expression of feelings

"There are some real solutions not just 'pie in the sky' stuff" Training participant

You will explore tools that enable positive expression of feelings and emotions:

- Art activities
- Journal writing
- Letter writing
- "I" statements
- Role plays
- Guided relaxation



"Has provided greater confidence in dealing with sensitive issues. Simple, easy to follow instructions that are effective" Training participant

# AWARDS

Over the years the Solving the Jigsaw program has been reviewed by professional panels with expertise in the areas of child protection, violence prevention, community safety and crime prevention, public health, loss and grief, drug and alcohol abuse. Solving the Jigsaw is a multi award winning best practice program.

**National Child Abuse Award 2003 – Community Development, Capacity Building and Strengthening (Children’s and Youth Services)**

**Australian Violence Prevention Award 2003, 2002, 2001, 2000—Certificate of Merit—Australian Heads of Government**

**Victorian Community Safety and Crime Prevention Awards 2002 - School Based responses**

**Victorian Public Health Award 2001—Innovative Public Health Development**

**National Association for Loss and Grief Award 2001**

**National Australian Drug Foundation Awards 2000—Excellence in Schools Based Responses**

**Victorian Community Safety and Crime Prevention Awards 2000—Anti Violence**

# CONTACT US

**EASE**  
**Solving the Jigsaw**  
**P.O. Box 958**  
**Bendigo 3552**  
**PH (03) 54303000 FAX (03) 5434 4150**  
**Email [info@solvingthejigsaw.org.au](mailto:info@solvingthejigsaw.org.au)**  
**[www.solvingthejigsaw.org.au](http://www.solvingthejigsaw.org.au)**