MHPN WEBINAR

# Supporting the Mental Health of Children who Engage in Bullying Behaviour

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

| | |
|---|---|
| **Your name:** | |
| **Date completed:** | |
| **Activity Name:** | Supporting the Mental Health of Children who Engage in Bullying Behaviour |
| **Learning outcomes** | • Outline the importance of understanding why children may engage in bullying behaviour.<br>• Discuss ways of talking to children, in non-shaming ways, who have engaged in bullying, about their behaviours.<br>• Explore ways to identify children's values and what they value in relationships with others.<br>• Identify strategies children can use to align their values and behaviour in the future. |
| **Time spent engaged in the activity:** | (including completing this form) |

### After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?

2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:
   - Explore the topic further in a supervision session or with a peer/colleague
   - Identify and read the latest research
   - Undertake additional courses, study or training
   - Search MHPN's webinar or podcast libraries for more PD content
   - Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.

Mental Health Professionals' Network
ABN 67 131 543 229

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