MHPN WEBINAR

Supporting the Mental Health of Children who Experience Bullying

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 Experience Bullying
Learning outcomes	• Outline the importance of understanding why bullying occurs. • Discuss ways of sensitively exploring with children their experiences of bullying and its impacts. • Identify strategies to help children who have experienced bullying, reduce feelings of self-blame and increase positive connections and self-perception. • Identify ways to help children who experience bullying to build their support team.
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

Please note, this form is for your own records. MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.