Submission No 18

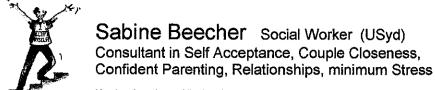
INQUIRY INTO BULLYING OF CHILDREN AND YOUNG PEOPLE

Name:

Ms Sabine Beecher

Date received:

12/03/2009



Member Aust Assn of Social Workers and Aust Assn of Marriage & Family Counsellors AARC. Auti Happiness—It's Up To You! Easy Steps to Self Acceptance and Good Relationships (Boolarong Press)

Submission to Parliamentary Enquiry NSW Government www.parliament.nsw.gov.au/gpsc2

Best practice approaches to reduce bullying of children and young people

Summary

This submission brings to your attention the Self Acceptance Skills Method©, why it is vitally important for ten logical correct-thinking 'self acceptance' skills to replace ten widely used, unsuspected thinking errors that are tied to the notions of 'worth' and 'self esteem' and damage mental, emotional and social well-being, and how this practical, definite, simple and tested cognitive method can reduce both 'bullying' and 'being bullied' as well as promote well-being.

Index

1.	Introducing myself [cv is attached]	p.2
2.	'Bullying' and 'being bullied'	p.3
3.	Two reasons why children and young people bully	p.4
4.	Why replace self esteem with self acceptance?	pp. 5 and 6
5.	The Ten Self Acceptance skills	p.7
6.	Benefits	p.7
7.	Teaching methods	p.8
8.	Recommendations for Action	p.9





