

Unit Four

Useful Information for Students, Teachers and Parents

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This section contains further information about useful websites and resources for students, teachers and parents. The information focuses on depression, bullying, internet safety, activities for young people and teaching and learning resource websites. Included are lists of phone numbers and relevant websites. The organisations are referenced in alphabetical order.

Useful Information:

Anti-bullying Alliance

Web: <http://www.anti-bullyingalliance.org.uk/>

Anti-Bullying Week 2010: Taking action together. Working together to send a clear and positive message that bullying is not acceptable or inevitable. Downloadable resources for teaching are available on the website.

Aware

Web: www.aware.ie/ **Email:** wecanhelp@aware.ie **Helpline:** 1890 303 302

Aware provides emotional and practical support for people affected with depression.

ABC Trinity

Web: <http://www.abc.tcd.ie/school.html> **E-mail:** lmcguire@tcd.ie **Tel: (01) 896 2573 / 896 3488**

The Anti-Bullying Research & Resource Centre, Trinity College Dublin staff are available to give advice about bullying and/or harassment situations and can give advice by phone or in person. School information packs are available to order from the website.

Barnardos.ie

[Teenhelp](#)

Web: <http://www.barnardos.ie/teenhelp.html> **Email:** info@barnardos.ie **Tel:** (01) 453 0355 Callsave: 1850 222 300

[Barnardos believe that all children have a right to be supported to reach their potential.](#)

Beatbullying.org

Web: [http://www.beatbullying.org/search.php?](http://www.beatbullying.org/search.php?zoom_query=search&zoom_page=5&zoom_per_page=10&zoom_and=0&zoom_sort=0)

[zoom_query=search&zoom_page=5&zoom_per_page=10&zoom_and=0&zoom_sort=0](http://www.beatbullying.org/search.php?zoom_query=search&zoom_page=5&zoom_per_page=10&zoom_and=0&zoom_sort=0)

Beatbullying works with children and young people across the UK to provide them with all important opportunities to make positive and lasting changes to their lives and outlook.

Childline

Web: <http://www.childline.ie/> **Web:** www.ispcc.ie **Email:** ispcc@ispcc.ie **Tel:** 01 679 4944

Childline is a part of the ISPCC (The Irish Society for the Prevention of Cruelty to Children). Helpline offering advice and support to children and young people under 18. Helpline number does not appear on telephone bill.

CORK COUNSELLING CENTRE: 7, Fr. Matthew St., Cork. Tel: 021 -427 49 51. A Counselling Service that covers a wide variety of issues. Ring for an appointment.

Grow

Web: www.grow.ie/ **Email:** <http://www.grow.ie/contact.asp> **Tel:** 1890 474 474

GROW has a unique Group Method, 12 Step Program, GROW members attend a weekly meeting lasting about two hours during which a specific Group Method is followed which enables them to learn a practical psychology of mental health, known as the GROW Program. Members provide mutual support in undertaking certain tasks that encourage a healthy change in thinking, behaviour and/or relationships. **GROW:** 11 Liberty St., Cork. **Email:** southernregion@grow.ie **Tel:** 021 -427 75 20 (Mon-Fri. 9am – 5pm). GROW Promotes personal growth through friendship & mutual support groups.

Headspace

Web: <http://www.headspaceireland.ie/> **Email:** info@mhcirl.ie **Tel:** +353 (1) 636 2400

Main website: www.mhcirl.ie Mental Health Commission (MHC) Original concept & content © [Advocacy in Somerset 2008](#). The Mental Health Commission offers a toolkit of advice for young people who are inpatients of Mental Health Services. The toolkit offers support about your rights, helps you to take part in decisions about you.

Pieta House

Web: www.pieta.ie **Email:** mary@pieta.ie **Tel:** 01 601 0000

Pieta House offers specialised treatment to clients who self-harm, suffer from suicidal ideation or have made multiple suicide attempts. Clients receive an intensive programme of one-to-one counselling lasting about four to six weeks.

PSHE Association: National PSHE CPD Programme

Web: www.pshe-cpd.com

Resources and active learning ideas presented in March 2010, Paul Gatheshill, Principal Consultant for PSHE. [Accessed on: 3rd August 2010]

Samaritans

Web: www.samaritans.ie **Email:** jo@samaritans.org **Tel:** 1850 60 90 90

Samaritans provides confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide. Samaritans aims to improve people's emotional health in order to create a greater sense of well being. Samaritans work in schools as part of the DEAL (Developing Emotional Awareness and Learning) programme, for young people aged 14 – 16 years, to improve emotional health and to develop skills to cope with life's challenges. There are lots of teaching resources available on the website.

Spunout.ie

Web: <http://www.spunout.ie>

SpunOut.ie is an independent, youth powered national charity working to empower young people to create personal and social change. It combines an interactive online community providing health and lifestyle information, signposting to support services, a youth media space, moderated discussion forums, and a platform for youth engagement, civic engagement, participation and advocacy. It is developed and managed by the youth-led Community Creations charity

STEPS: ISPC, 12 Mary St., Cork. Tel: 021- 496 29 49 (www.ispcc.ie). STEPS offers drop in advice and active listening service for young people, open Thurs. 3-6pm and Sat. 11-3pm.

thinkb4uclick.ie

Web: <http://www.thinkb4uclick.ie/>

The National Centre for Technology in Education (NCTE). Think Before You Click was developed for use on the Junior Certificate CSPE curriculum. It is the first educational resource on this subject specifically designed for the Junior Certificate civics curriculum.

Teenfocus:

Web: <http://www.ispcc.ie/Services/Teenfocus.aspx>

The Teenfocus service provides a comprehensive support service, including out of hours access, to teenagers aged 13-18 years who are experiencing emotional or behavioural difficulties.

Teentxt: Web: <http://www.ispcc.ie/Services/Teentxt.aspx> **Email:** ISPCC **Tel:** 01 676 7960

The Teentxt service is an active listening service for children and young people. Specially trained facilitators communicate with children via live one-to-one text messaging. There is an immediate interactive communication once the young person registers with the service. At present this service is available from 2pm – 10pm Wed – Sun and from 6pm -10pm Mon & Tues.

Webwise.ie

Web: www.webwise.ie

Webwise is the Irish Internet Safety Awareness Centre managed by the NCTE, (National Centre for Technology in Education), (2006), supported by the Department of Education and Science and the European Commission's Safer Internet Programme, webwise.ie website, [online] Available from: http://www.webwise.ie/Default.aspx?id=homepage_article [Accessed 25th September 2010]

YOUTH COUNSELLING SERVICE: YMCA, 11/12 Marlboro Street, Cork. Tel: 021- 427 01 87. YMCA offers a counselling service for young people between 15 and 28 years. Ring for an appointment.

Youth Information:

Web: <http://www.youthinformation.ie/ireland/index.htm>

Youth Information Centres (YICs) provide a free, confidential information service to young people and those who work with them on a wide range of subjects including careers, education, employment matters, rights and entitlements, leisure, sport, travel and European opportunities. The centres are located around the country.

Activities for young people:

Dáil na nÓg

Web: <http://www.dailnanog.ie/2006/site/home.php> **E-mail** Meadhbh: info@dailnanog.ie

Tel: (01) 478 4122

Dáil na nÓg is the National Youth Parliament for young people aged 12-18 years.

Foróige Clubs

Web: <http://www.foroige.ie/> **Email:** info@foroige.ie **Tel:** 01 630 1560

There are currently over 420 active Foróige clubs in operation all over Ireland. Foróige clubs are purposely structured youth development groups made up of young people from the local community. They enable young people to experience democracy by electing their own club committee and managing and operating the club in co-operation with adult leaders.

NAYD

Web: <http://www.nayd.ie/theatres> **Email:** info@nayd.ie **Tel:** +353 1 878 1301

NAYD (National Association for Youth Drama) is the development organisation for youth theatre and youth drama in Ireland. NAYD supports youth drama in practice and policy, and supports the sustained development of youth theatres in Ireland.

Teenspace

Web: <http://www.teenspace.ie/About> **Email:** webmaster@teenspace.ie

Teenspace is a new national website that provides information on events, activities and recreation services for children and young people from the ages of 10 to 18. Teenspace is a project of the Office of the Minister for Children and Youth Affairs, and forms part of the *National Recreation Policy for Young People*. Day to day management of the site is carried out by the webmaster in the National Youth Council of Ireland.

National Youth Council

Web: <http://www.youth.ie/> **Email:** info@nyci.ie **Tel:** + 353 (0)1 478 4122

The National Youth Council of Ireland is the representative body for national voluntary youth work organisations in Ireland. It represents and supports the interests of 50 voluntary youth organisations and uses its collective experience to act on issues that impact on young people.

Teaching and learning resources:

Bebo, Inc, (2010) Safety, [online] Available from: <http://www.bebo.com/Safety.jsp> [Accessed 25th September 2010]

CSPE Guidelines for Teachers Revised 2005, National Council for Curriculum and Assessment (NCCA), Second Level Support Service (SLSS), (2005) supported by An Roinn Oiceahais agus Eolaíochta, The Junior Certificate, Civics, Social and Political Education, CSPE Guidelines for Teachers Revised 2005, [online] Available from: <http://cspe.slss.ie/resources/CSPE%20Teacher%20Guidelines%20Revised%202005.pdf>

Curriculum online, [online] Available from: <http://www.curriculumonline.ie/en/> [Accessed 25th September 2010]

English Junior Certificate general aim: Department of Education, National Development Plan, Second Level Support Service (SLSS), (2005) General aim of Junior Cert English, (2009) [online] Available from: http://english.slss.ie/resources/jc_english_syllabus.pdf [Accessed 25th September 2010]

English Resources SLSS, Department of Education, National Development Plan, Second Level Support Service (SLSS), (2005) Junior Certificate Guidelines for Teachers, Wt. P45183. 2,500.12/96.

English Resources SLSS, Department of Education, National Development Plan, Second Level Support Service (SLSS). Teaching for Understanding Handout.

Web: http://english.slss.ie/resource_category/view/463

Facebook

Web: <http://www.facebook.com/help/?safety=educators>

This web link outlines Facebook's education policies and safety guidelines.

Insafe.ie

Web: <http://www.saferinternet.org>

Insafe is a European network of Awareness Centres promoting safe, responsible use of the Internet and mobile devices to young people.

Internet Safety.ie

Web: <http://www.internetsafety.ie/>

The Office for Internet Safety has been established by the Government to take a lead responsibility for internet safety in Ireland, particularly as it relates to children.

A guide to cyberbullying (Publication) 09/12/2008

Web: <http://www.internetsafety.ie/website/ois/oisweb.nsf/page/DPCY-7LYJ4V1343473-en>

Get With IT! Leaflet - Internet Safety for Parents (Publication) **16/04/2008**

Web: <http://www.internetsafety.ie/website/ois/oisweb.nsf/page/DPCY-7K2LKD1649222-en>

Mather, Ray. (1988) Remember Me?

Web: <http://www.raymather.co.uk/schoolspeak.htm>

Mindtools.com

http://www.mindtools.com/pages/article/newlSS_01.htm [Accessed 6th October 2010]

This website explains the concept of mind maps.

Mind-mapping.co.uk

<http://www.mind-mapping.co.uk/mind-maps-examples.htm> **William Shakespeare's Life**

This is a Mind Map of William Shakespeare's life.

National Council for Curriculum and Assessment (NCCA), Action, (2001), [online] Available from:

<http://www.action.ncca.ie/> [Accessed 25th September 2010]

National Council for Curriculum and Assessment (NCCA), (2001), [online] Available from:

<http://www.ncca.ie/en/> [Accessed 25th September 2010]

PSHE Association: National PSHE CPD Programme

Resources and active learning ideas presented in March 2010, Paul Gateshill, Principal Consultant for PSHE, Website: www.pshe-cpd.com [Accessed on: 3rd August 2010]

PSHE: Personal wellbeing, Programme of study (non-statutory) for key stage 3

Web: www.qca.org.uk/curriculum (This is an extract from The National Curriculum 2007) © Crown copyright 2007 © Qualifications and Curriculum Authority 2007

Second Level Support Service (SLSS), (2001) Civics, Social and Political Education, CSPE [online]

Available from: <http://cspe.slss.ie/> [Accessed 25th September 2010]

Second Level Support Service (SLSS), (2005) supported by the In-career Development Unit of the

Department of Education and Science under the National Development Plan, Civics, Social and Political Education, CSPE [online] Available from: <http://cspe.slss.ie/resources/An%20Introduction%20to%20CSPE.pdf>

SPHE Junior Cycle Syllabus, Department of Education, National Development Plan, Social Personal and Health Education, SPHE support service – post-primary, (2005) An Roinn Oiceahais agus Eolaíochta, Designed by Langley Freeman Design Group Limited, 2000, Government of Ireland, The Junior Cycle Social Personal and Health Education Syllabus,(2000) [online] Available from:

<http://www.sphe.ie/downloads/RESOURCES/SPHE%20JUNIOR%20CYCLE%20SYLLABUS.pdf>

[Accessed 25th September 2010]

SPHE Support service, Department of Education, National Development Plan, Social Personal and Health Education, SPHE support service – post-primary, (2006) [online] Available from:

<http://www.sphe.ie/> [Accessed 25th September 2010]

Student Council.ie, Offices of the Minister for Children and Youth Affairs, SLSS, [online] Available from: (<http://www.studentcouncil.ie/> [Accessed 25th September 2010])

Thinkb4uclick website, The National Centre for Technology in Education (NCTE), (2009), thinkb4uclick website, [online] Available from: <http://www.thinkb4uclick.ie/> [Accessed 25th September 2010] The National Centre for Technology in Education (NCTE) is an Irish Government agency established to provide advice, support and information on the use of information and communications technology (ICT) in education. Its overall objective is the integration of ICT in learning and teaching. Webwise is the Irish Internet Safety Awareness Centre managed by the NCTE.

Thinkbuzan.com

<http://www.thinkbuzan.com/uk/home> [Accessed 6th October 2010]

This website discussed Tony Buzan's concept of mind maps.

Transition Year SLSS, Department of Education, National Development Plan, Social Personal and Health Education, SPHE support service – post-primary, (2005 – 6th September 2010) [online] Available from: <http://ty.slss.ie/> [Accessed 25th September 2010]

Trocaire, <http://www.trocaire.org/sites/trocaire/files/pdfs/edu/theme/foodcrisiswalkingdebate.pdf> [Accessed on; 29th September 2010]

Watchyourspace.ie

Web: <http://www.watchyourspace.ie/> Linked with Webwise.ie.

Webwise is the Irish Internet Safety Awareness Centre managed by the NCTE, (National Centre for Technology in Education), (2006), supported by the Department of Education and Science and the European Commission's Safer Internet Programme, webwise.ie website, [online] Available from: http://www.webwise.ie/Default.aspx?id=homepage_article [Accessed 25th September 2010]

Webwise.ie - Learning Resources – Post-Primary Junior Cycle SPHE: [//:Be SAFE_Be WEBWISE://](http://www.webwise.ie/article.aspx?id=8664) Age 12 – 1, **Bebo generation video**, [online] Available from: <http://www.webwise.ie/article.aspx?id=8664> [Accessed 25th September 2010]