Analysis of the use of mindfulness techniques in school-based anti-bullying programmes

Introduction

Mindfulness

Objective

The consequences of bullying and cyberbullying

About bullying

National Plan on Bullying of the Irish Department of Education and Skills

Psychological intervention

The health services

Mindfulness

The outcomes of bullying and cyberbullying

Considering Mindfulness

Conclusión

Current anti-bullying programmes

Psychoeducational interventions

What do we need?

What do we need?

Mindfulness projects

What do we need?