

Anti-Bullying: School Strategies towards Success

This course aims to equip teachers, trainers and administrative staff of the schools with the essential skills, knowledge and competencies required for tackling the bullying phenomenon using a holistic approach. One of the main objectives is the practical introduction to the ENABLE programme and its implementation guidelines, through non-formal learning, group discussions, role-plays, etc.

Daily Programme

Monday

Introduction and ice-breaking

Needs analysis, expectations and goal setting

Bullying phenomenon: The Different Types of Bullying at School

Role identification: 1. The child is a victim of bullying – Profile/ 2. The child who bullies – Profile/ 3. The role of the children who observe/ 4. The role of the teachers

Roleplay: bullying scenarios

Introduction to ENABLE (European Network against Bullying in Learning and Leisure Environments) programme. Aims of the programme.

The ENABLE implementation resource pack for students, teachers, parents and campaigners

Lesson planning: Lesson 1 ‘Who am I?’ Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 2 ‘How are you? Really?’ Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 3 ‘The nature of bullying’ Lesson overview/ Learning objectives/ Materials and preparation

Observers’ emotions and hesitancy. Group discussions

The cycle of violence: How is bullying maintained? What reinforces it? Group discussions

Reflection

Tuesday

Bullying trends: Bullying and cyberbullying

Understanding cyber safety, cyberbullying and cyber wellness

Lesson planning: Lesson 4 ‘Reading emotions in social situations’ Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 5 ‘It’s not bullying, it’s only...’ Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 6 ‘How to steer my emotions towards a positive mindset’ Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 7 ‘Sowing the seed’ Lesson overview/ Learning objectives/ Materials and preparation

Reflection

Wednesday

Lesson planning: Lesson 7 'Sowing the seed' Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 8 'Stealth and tactics: making a difference' Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 9 'Foundations for change' Lesson overview/ Learning objectives/ Materials and preparation

Lesson planning: Lesson 10 'What happens next?' Lesson overview/ Learning objectives/ Materials and preparation

Reflection

Thursday

Holistic approach: engaging the whole community, parents, teachers, young people and other stakeholders alike

Peer Support. Introduction to ENABLE 'Peer Support Student Training Plan'

The future of parental Engagement. Introduction to ENABLE 'Anti-bullying Parents/Carers Pack'

Introduction to 'BULLYING and your child What every parent needs to know ... and do'

Digital Parenting. Group discussion

Social and emotional skill development

How can I implement what I have learnt in my professional and personal life

Reflection

Friday

Summary and course evaluation

Feedback & certificates

Cultural excursion in local area

Competences Acquired by Participants by the end of the course participants will:

Identify the bullying cases

React accordingly to the situation

Identify strategies that will change the dynamic and move the situation forward

Understand what works and how to adapt strategies to move towards success

Create a positive climate in the classroom and school using the holistic approach of peers, parents, teachers.

Use the tools of the ENABLE programme and the knowledge acquired to prevent and deal with the bullying cases.