



## Embracing Diversity, Preventing Bullying and Violence

By Ilaria Barbieri

### Course details

- 🕒 One week course
- € Starting from 480€ (Cultural activities included)\*
- 👥 Min. 4 - max. 14 participants
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in Amsterdam, Budapest, Dublin, Strasbourg, and Tenerife

\* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

### Course description

All European schools differ from one another, but at the same time, they struggle with similar issues. Among these, it seems that discrimination and bullying are some of the most diffused and dangerous problems. Not only can they have negative effects on learning, but they can also lead to long-lasting, sad consequences that can affect the students throughout their whole life.

The increasing diffusion of problems connected to discrimination and bullying in schools should not make teachers feel weaker. On the contrary, if staff get together, observe real scenarios, and combine their strengths, they can set up effective strategies to improve educational processes, with small steps being taken every day.

So, that's the aim of this course! Divided we fall, united we stand. This was the slogan of Gritfis\* and this is the attitude that will guide the whole course.

By the end of the training, participants will have deeper insight into the dynamics underlying discrimination and bullying in schools. They will also have developed skills and practiced methodologies to prevent conflicts, manage emotions, and foster a better and healthier school environment.

Please note: if you are an educator working with disadvantaged learners and you wish to attend a specific course about that, you can have a look at our seminars focused on Special Needs.

*\*This training originated from the exchange of practices among European schools and teacher training centers within Gritfis KA2 Erasmus+ project, between 2016 and 2018. Gritfis inspired*



*trainers at Europass, and the knowledge acquired during the project is the foundation for this course. It has been created so that more European teachers can be empowered to manage the more delicate issues that schools face nowadays.*

## Learning outcomes

The course will help the participants to:

- Differentiate conflicts from Bullying and use strategies to prevent and manage them;
- Understand the techniques used to develop students' emotional and social intelligence;
- Gain a deeper understanding of stereotypes and discrimination;
- Improve teaching and learning processes;
- Learn how to work better in a team with colleagues and how to boost teamwork in the classroom.

## Tentative schedule

### Day 1 – Course introduction & diversity

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- Welcoming participants, ice-breaking activities;
- What does it mean to be “different”?
- Kinds of diversity in nowadays' schools.

### Day 2 – Conflicts in the classroom

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- Conflicts in educational settings;
- Dynamics behind bullying;
- The actors;
- Who shall we empower?
- GRITFIS: a documentary.

### Day 3 – Prevention Measures

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- Good practices from Finland (from Gritfis Project);
- Arvokas and Role Play activities;
- Good practices from Spain: Peer Mediation

### Day 4 – Prejudice and Diversity

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- Discrimination. socio-psychological dynamics that support it;



- Activity: checking our assumptions;
- Emotional and Social Intelligence;
- Collaboration, communication, and Empathy in Learning activities;
- Design your activities and projects.

### Day 5 – Mindfulness

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- Mindfulness: background and benefits;
- Managing emotions, accepting the other;
- Techniques for different ages and different personalities;
- Case study: a school in Motril, Spain;
- Start easy, start now! What should I take home?

### Day 6 – Course closure and cultural activities

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- Course evaluation: round-up of acquired competencies, feedback, and discussion.
- Awarding of the course Certificate of Attendance.
- Excursion and other external cultural activities.

\*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Our courses usually include two cultural activities. Further information is available on the webpage of each course location.

## About the provider

With more than 250 courses available all over Europe and more than 12.000 participants per year, Europass is the largest network of high-quality providers of teacher training courses.

In every Europass Academy, trainers of diverse experiences and backgrounds are ready to foster human and professional connections among educators, all while delivering high-quality, innovative courses.

Furthermore, thanks to the hands-on, collaborative nature of the Europass courses, plenty of opportunities to start new projects and lifelong friendships are given.

Explore other Europass courses, visit [www.teacheracademy.eu](http://www.teacheracademy.eu)