

Course code CLA.1.VIO

Last update 04/08/2021

## Course information

Title	Embracing Diversity, Preventing Bullying and Violence
Concept by	<a href="#">Ilaria Barbieri</a>
Course URL	<a href="https://teacheracademy.eu/course/diversity/">teacheracademy.eu/course/diversity/</a>
N. of participants	Min. 4 - Max.14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> <li>• <a href="#">Verona</a> - Second and fifth Monday of the month</li> <li>• <a href="#">Berlin</a> - Fourth Monday of the month</li> <li>• <a href="#">Dublin</a> - First Monday of the month</li> <li>• <a href="#">Tenerife</a> - Third Monday of the month</li> <li>• <a href="#">Budapest</a> - Third Monday of the month</li> </ul> <p>On request, we can organize this course directly at your school. Discover all the dates at <a href="https://teacheracademy.eu/courses-dates/">teacheracademy.eu/courses-dates/</a></p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	Starting from 480€ *  * Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.

## Course contents

<p>Description</p>	<p>All European schools do differ from one another, but, at the same time, they struggle with similar issues. Among these, it seems that <b>discrimination and bullying are some of the most diffused and dangerous problems</b>. Not only can bullying have negative effects on learning, but it can also lead to long-lasting, sad consequences that can affect the students throughout their whole life.</p> <p>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.</p> <p>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.</p> <p>By the end of the training, <b>participants will have deeper insights about the dynamics underlying discrimination and bullying in schools</b>. They will also have developed skills and have practiced methodologies to prevent conflicts, to manage emotions, and to foster a better and healthier school environment.</p> <p><i>*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.</i></p>
<p>Learning outcomes</p>	<ul style="list-style-type: none"><li>• Differentiate conflicts from Bullying and use strategies to prevent and manage them;</li><li>• Understand the techniques used to develop students' emotional and social intelligence;</li><li>• Gain a deeper understanding of stereotypes and discrimination;</li><li>• Improve teaching and learning processes by good interpersonal relationships;</li><li>• Learn how to work better in a team with colleagues and how to boost teamwork in the classroom;</li><li>• Organize role-play activities to improve coexistence at school.</li></ul>

## Tentative schedule\*

<b>Day 1 – Course introduction &amp; diversity</b>	<b>Day 2 – Conflicts in the classroom</b>
<ul style="list-style-type: none"><li>• Welcoming participants, ice-breaking activities;</li></ul> <b>Diversity</b> <ul style="list-style-type: none"><li>• What does it mean to be “different”?</li><li>• Kinds of diversity in nowadays’ schools;</li><li>• Discrimination: socio-psychological dynamics that support it.</li></ul>	<ul style="list-style-type: none"><li>• Your environment: strengths and weaknesses in your school;</li><li>• Conflicts in educational settings;</li><li>• Bullying: dynamics behind it; the actors; who shall we empower? GRITFIS: a documentary about bullying.</li></ul>
<b>Day 3 – Consequences of bullying</b>	<b>Day 4 – Learning from others</b>
<ul style="list-style-type: none"><li>• Why should we intervene? Consequences of bullying;</li><li>• Maslow’s pyramid of needs;</li><li>• Emotional and Social Intelligence;</li><li>• Good practices from Finland (from Gritfis Project);</li><li>• Arvokas;</li><li>• Role Play activities.</li></ul>	<ul style="list-style-type: none"><li>• Communication and Bias;</li><li>• Peer Mediation. Good practices from Spain; Collaboration and Learning.</li></ul>
<b>Day 5 – Mindfulness</b>	<b>Day 6 – Excursion &amp; Course closure</b>
<ul style="list-style-type: none"><li>• Managing emotions, accepting the other;</li><li>• Mindfulness: background and benefits;</li><li>• Techniques for different ages and different personalities;</li><li>• Case study: a school in Motril, Spain;</li><li>• Start easy, start now! What should I take home?</li></ul>	<ul style="list-style-type: none"><li>• Course evaluation: round up of acquired competences, feedback, and discussion;</li><li>• Awarding of the course Certificate of Attendance;</li><li>• Excursion and other external cultural activities</li></ul>

\*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.

## Links and resources

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- Self-paced online courses for teachers: [online.teacheracademy.eu](https://online.teacheracademy.eu)
- Online English Courses for Teachers: [online.teacheracademy.eu/tag/english-courses/](https://online.teacheracademy.eu/tag/english-courses/)
- The New 2021-2027 Erasmus+ Programme Made Easy: [online.teacheracademy.eu/course/erasmus-programme-2021-2027/](https://online.teacheracademy.eu/course/erasmus-programme-2021-2027/)
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