

## Course information

Title	Preventing and Intervening in (Cyber)bullying
Concept by	<u>Levente Batár</u>
Course URL	<a href="http://teacheracademy.eu/course/cyberbullying/">teacheracademy.eu/course/cyberbullying/</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>• <u>Budapest</u> - Second and fifth Monday of the month</li> <li>• <u>Helsinki</u> - Fourth Monday of the month</li> <li>• <u>Valencia</u> - First Monday of the month</li> <li>• <u>Dublin</u> - Third Monday of the month</li> <li>• <u>Strasbourg</u> - Fourth Monday of the month</li> </ul>
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€ * <small>* Our courses are eligible to be completely funded by the <u>Erasmus+ KA1 funds</u> and several other programs.</small>

## Course contents

<b>Description</b>	<p>Unfortunately, (cyber)bullying can appear anywhere, anytime. Students (and sometimes even teachers) are subject to bullying in schools. It may lead to early school leaving and can affect mental and physical health, as well as the academic performance of individuals or whole groups of people. It is not acceptable. We have to deal with the problem and prove that there are solutions to it.</p> <p>This course aims to show parents, students, teachers, and headmasters the different possibilities of <b>prevention and intervention</b> of daily aggression (and victimization) that occur in schools and online. The participant will learn to reduce the frequency and extent of school aggression.</p> <p>Among other activities, inside or outside the classroom, participants (individually, in pairs, or in groups) will give their prepared presentations, get to know how to begin a school campaign, plan a school-based aggression prevention program together, take part in role-playing games and drama, become acquainted with <b>conflict management strategies</b>, shoot short videos, analyze short scenes from films, and investigate participant roles in bullying situations.</p> <p>By the end of the course, participants will be able to <b>handle difficult and aggressive students</b>, deal with bullies and help victims, and know how to create an accepting and calm school atmosphere. They will be familiar with different intervention and prevention programs.</p>
<b>Learning outcomes</b>	<ul style="list-style-type: none"><li>• Raise and maintain awareness of bullying;</li><li>• Increase pupils' interest and motivation towards activities with a preventive character;</li><li>• Develop pupils' communication skills;</li><li>• Encourage pupils to face problems;</li><li>• Develop pupils' team spirit;</li><li>• To get the parents involved in preventing bullying;</li><li>• Use educational platforms to promote bullying prevention;</li><li>• Reduce the frequency and extent of school aggression;</li><li>• Encourage students to take a stand against bullying;</li><li>• Behave properly online.</li></ul>

## Tentative schedule\*

### Day 1 – Course introduction

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities;
- Presentations of the participants' schools.

### Day 2 - Aggression, bullying and cyberbullying

- Definition of aggression;
- Aggression in animals and humans;
- Negative and positive aggression Types of aggression in schools;
- What is (not) bullying and cyberbullying?;
- Signs, types, features, and possible reasons for bullying;
- Researches about bullying and cyberbullying;
- Children with a higher risk of being bullied;
- Children at risk for being bullies;
- Participant roles in bullying situations;
- Virtual world, online behavior Dangers of using the Internet, cyber predators;
- Types and signs of cyberbullying;
- Differences and similarities of bullying and cyberbullying;
- Impact of (cyber)bullying on victims, bullies, bystanders, families, schools.

### Day 3 - Prevention & Intervention

- What schools can do;
- Implementing bullying prevention programmes;
- Developing Anti-Bullying Policy and Procedures;
- Organizing Anti-Bullying Day;
- Involving students (Peer education);
- Starting school campaigns or projects;
- Creating a common website.

### Day 4 - Prevention & Intervention

- What school staff can do;
- Providing sensitivity training for students and teachers;
- Creating an accepting and relaxed school atmosphere;
- Using educational platforms to promote bullying prevention;
- Making surveys, publishing the results;
- Having cooperative vs. competitive classrooms;
- Building positive relationships in the classroom;
- Applying conflict management;
- Using drama techniques.

### Day 5 - Prevention & Intervention – what parents and students can do

- Improving children's empathy and self-confidence;
- Teaching children about tolerance and diversity;
- Using nonviolent communication;
- Monitoring children's internet usage?
- Teaching children about Internet safety.

### Day 6 - Course closure & excursion

- 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.

## Links and resources

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