

School Bullying

Purpose

This course is appropriate for educators that teach children in any educational level. The Goals of this course are to reduce existing bullying problems among student, to prevent the development of new bullying problems and to achieve better peer relations at school. Educators will raise their awareness on types of bullying and learn strategies that could increase students' self esteem and self perception.

Objectives

- To raise common understanding and awareness of issues that deal with school bullying.
- To understand which students are more prone to become bullies, victims or bystanders.
- To erase educators to learn strategies that minimize these behaviors

Methods

- Lectures
- Workshop
- Role playing
- Discussion
- Team work
- Case studies

Target Groups

Educators working in:

- kindergartens
- primary schools
- secondary schools
- vocational schools
- universities

Place

Heraklion, Crete, Greece

Agenda

DAY 1

- Introductory meeting
- Presentation of timetable
- Group ice breaker activities
- Definition of bullying, harassment and social aggression. Exploring the main types of bullying (i.e image, gender expression, culture)

DAY 2

- Main personality characteristics in children who act as victims and those who act as bullies and bystanders
- Warning signs for bullying
- Raise attention in bullying side effects in mental health, physical health, academic achievement

DAY 3

- Activities to teach students and their parents about bullying
- Behavioral Management Techniques (ABC Model)
- Emotional Control Strategies
- Emotional Perspective training (Active listening skills, empathy, unconditional positive regard)

DAY 4

- Social Skills Strategies: School staff can teach kids how to identify and prevent bullying by talking about it and learn them how to stand up to it safely
- Effectively Responding to Bullying and Social Aggression. Educators should build a safe school environment, and create a community-wide bullying prevention strategy through social marketing approaches
- Social Information processing

DAY 5

- Prevention bullying programs in Greece and abroad
- Questionnaires that can identify school bullying
- Set policies and rules into a school's culture

