



BULLYING & CYBERBULLYING



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constantly evolving.*



OID: E10201112

Course's official page [here](#).

Advanced Institute for Skills Development



COURSE DESCRIPTION

Nowadays, bullying is a frequent threat to the physical and mental integrity of our students, especially during teen years.



This type of school violence is evidenced through a set of aggressive, intentional and repetitive behaviors, from students' individual or collective initiative, addressed to one or several other students. The adolescent (or child) is subject to insults, jokes, ridicule, vexatious attitudes, negative nicknames, etc. Cyberbullying has come to amplify this serious issue, through social networks and other technological means.



Today, the vast majority of children and young people have access to the Internet at home. Most of them have a computer, tablet or smartphone and are constantly online. Without parents and teachers' monitoring and information, children can become more vulnerable in an extremely complex and dangerous world.

Cyber safety and prevention mechanisms can be important tools to reduce this social phenomenon's occurrence.

Course objectives: sensitize teachers about the potential risks and impacts of such actions on the psychological and physical health of young students. This course also aims to train teachers in the prevention, detection and action against threats of this nature, always trying to share and disseminate good practices. Bullying and cyberbullying can be considerably reduced, and ideally prevented, dissuading this culture among children and adolescents, and implementing official mechanisms for monitoring these issues, whenever necessary.

COURSE INFORMATION

Learning Outcomes

- Recognize warning signs for bullying;
- Know the impacts on psychic and physical health, academic performance & family welfare;
- Know the profile and the group dynamics of the aggressor or the aggressors;
- Know how to avoid offenders and fend off attackers – deal with bullies;
- Cyberbullying: prevention & intervention in social networks, electronic mail, messages (text and multimedia), video posting and photographs on electronic platforms;
- Understand the institutions, mechanisms and performance obligations in Europe;
- Improve ICT skills;
- Reinforce self and cultural awareness as a European citizen;
- Improve language, communication and social skills.

Duration: 1 week (6 days – Sunday to Friday – 9h00 to 14h00)

Location: Porto, Portugal **Language:** English

Certification: Certificate of Attendance + description of the learning outcomes above; Europass validation

Price: 580€ (course fee + administration costs + social program)

(Our courses are eligible to be completely funded by the new Erasmus+ program 2021-2027 – KA1 funds and several other programs)

See more information (e.g. dates, included activities) [here](#).

DAILY PROGRAM*

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

DAY 2

- What is cyberbullying?
- Who does cyberbullying impact?
- Characteristics of a Bully/What We Know About Cyberbullying
- Social Networking and Cyberbullying
- Impacts that cyberbullying has on its victims

DAY 3

- Consequences of Cyberbullying
- From Bullying to Suicide
- Existing Internet Safety Technologies
- Celebrity Involvement

DAY 4

- Content and Behavior Analysis
- Filtering
- Monitoring
- Blocking Undesirable Contacts
- Reporting Content

DAY 5

- Age/Identity Verification
- Where to go for help
- Educators Taking Action
- Parental Awareness and the Students' Roles
- The School System's Response

DAY 6

- Helping Students Help Each Other – Building a Responsible Classroom Free from Bullying
- Report Cyberbullying to Law Enforcement and System Administrators
- Discussion and course evaluation
- Learning validation
- Certification Ceremony

*This schedule/ program describes likely activities but may differ based on the trainer's discretion and objectives.



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LET'S LEARN TOGETHER!

**Sign up for a course and
start your journey with us!**



www.learning-together.eu

 (351) 229 418 490 | (351) 911 895 280

 learningtogether.eu@sinerconsult.pt

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