

BULLYING AND CYBERBULLYING



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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

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

This type of school violence is evidenced through a set of aggressive, intentional and repetitive behaviors, an individual or collective initiative of students, addressed to one or several other students. The adolescent (or child) is subject to insults, jokes, ridicule, vexatious attitudes, negative nicknames, etc.

On top of this, 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, have a computer, tablet or smartphone and are constantly online. Without the monitoring and information of parents and teachers, children become more vulnerable in an extremely complex and dangerous world. Cyber safety and prevention mechanisms can be important tools to reduce the occurrence of these social phenomena.

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 & 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;
- Apply and/or adapt different concepts, ideas, and teaching methodologies to the ones practised in their home country;
- Facilitate experience and cultural exchanges between European participants and Portuguese teaching personnel, which results in a fruitful international experience
- Enhance communicative competencies in English and social skills;
- Promote intercultural awareness;
- Learn more about Portugal's and Porto's culture, heritage, and society;
- Identify & share good practices that can be implemented at a local level.

DAILY PROGRAM

6-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 16h30-21h30

- Self Preparation for a short School presentation on Day 2
- Cultural Quiz (to be filled out pre-dinner)
- Welcome Session - icebreaking & dinner, week briefing & planning
- Networking between participants and Erasmus+ team
- Sharing of European core values
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity)

DAY 2 / 8h30-13h45

- 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 / 8h30-13h45

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

DAY 4 / 8h30-13h45

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

DAY 5 / 8h30-13h45

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

DAY 6 / 8h30-13h45

- 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



ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

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

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✉ learningtogether.eu@sinerconsult.pt

🌐 www.learning-together.eu | (351) 229 418 490 - Portugal

