

<b>Course title</b>	<b>Preventing bullying in the classroom</b>
<b>Course code</b>	095
<b>Course category</b>	School innovation and management
<b>Course purpose and overview</b>	<p>Does your school need new strategies to tackle bullying and cyberbullying? Bullying and cyberbullying can have a serious impact on pupils' well-being, learning, and sense of safety at school. Teachers and school staff play a crucial role in recognising the signs, intervening effectively, and fostering an environment where respect and empathy flourish.</p> <p>This course is designed to support teachers in addressing both traditional bullying and the increasing challenges of online abuse. Through interactive workshops, case studies, and group discussions, you'll explore how to identify different forms of bullying, respond with confidence, and prevent harm before it occurs.</p> <p>Together, we'll explore ways to promote digital citizenship, encourage pupils to become upstanders, and cultivate a school culture where every child feels safe and valued. Each session offers practical strategies and time for reflection, helping participants to develop action plans tailored to their school's specific needs.</p> <p>Join us to deepen your understanding, share experiences, and leave empowered to make a meaningful difference in your pupils' lives.</p>
<b>Course structure and content</b>	<p>This practical course equips teachers with the knowledge and tools needed to prevent and respond to bullying and cyberbullying in schools. Participants will examine early warning signs, effective intervention strategies, and approaches to creating safe, inclusive learning environments. Through a combination of workshops, discussions, and case studies, teachers will develop practical skills and tailored action plans to support pupils and promote a culture of respect, empathy, and well-being.</p>
<b>Duration</b>	One week
<b>Daily programme example</b>	<p>Here is an example of the programme:</p> <p><i>Day 0</i> (usually Sunday) Arrival date</p> <p><i>Day 1</i> Welcome and introduction Ice breakers and team-building exercises Types of bullying: physical, verbal, relational, cyber Myths vs. facts about bullying Exploring the impact on victims, bullies, and bystanders Cultural and social activities Feedback day</p> <p><i>Day 2</i> Identifying warning signs in students Understanding the roles of bully, victim, bystander, and upstander Group sharing: Experiences and challenges</p> <p><i>Day 3</i> Building a positive school culture School-wide policies and approaches Developing intervention plans</p>

	<p>Cultural and social activities</p> <p><i>Day 4</i> Digital behaviour and risks Platforms and technologies where cyberbullying occurs Strategies for teaching digital citizenship Balancing privacy and protection</p> <p><i>Day 5</i> Reviewing key takeaways Engaging parents and community partners Discussion of future cooperation and planning follow-up activities / Brainstorming dissemination ideas Final feedback Validation of learning outcomes and a certification ceremony Cultural and social activities</p> <p><i>Day 6</i> Full-day trip</p> <p><i>Day 7</i> Departure date</p> <p>Programme details may be subject to amendment based on trainer, participant needs and other factors such public holidays. Changes might be needed to make up for time lost due to unforeseen or changing circumstances which might be out of the reasonable control of the hosting organisation.</p>
<b>Learning objectives</b>	<p>Understand the various forms of bullying, including physical, verbal, relational, and cyberbullying</p> <p>Recognise the emotional, social, and academic impact of bullying on victims, perpetrators, and bystanders</p> <p>Become familiar with strategies to identify early warning signs in pupils</p> <p>Learn effective intervention methods and prevention techniques</p> <p>Explore the principles of digital citizenship and online safety</p> <p>Gain knowledge of school-wide approaches and policy development for creating safe and inclusive environments</p> <p>Reflect on their own school contexts and begin developing tailored action plans</p>
<b>Learning outcomes</b>	<p>Identify and describe different types of bullying and their effects on school communities</p> <p>Analyse real-life scenarios to detect warning signs and roles (e.g., bully, victim, bystander, upstander)</p> <p>Apply appropriate intervention strategies in simulated or case-based situations</p> <p>Facilitate class discussions on empathy, respect, and responsible digital behaviour</p> <p>Evaluate existing school policies and propose evidence-informed improvements</p> <p>Collaborate with peers to share best practices and strategies for long-term impact</p>
<b>Assessment and validation of learning outcomes</b>	<p>The learning outcomes will be assessed and validated through various methods during the course: group discussions, lesson plans and teaching demonstrations, group projects, reflective journaling</p>
<b>Target audience</b>	<p>Teachers of any subject, educators, and school administrative staff</p>
<b>Admission requirements for participants</b>	<p>No specific requirements</p>

<b>Language of delivery</b>	English
<b>Language level requirements for participants</b>	B1 or more
<b>Maximum number of participants</b>	20

Please note that the course outlined is intended as an example only and may not necessarily be fully executed in accordance with all its details. Our need analysis is primarily based on enrolment information, information shared at kick-off meetings, and pre-evaluation of competencies. As such, it is possible that the programme may be adjusted to better accommodate the diverse needs of participants.