

HOW TO OVERCOME BULLYING

INTRODUCTION

Research tells us that children really do look to parents and caregivers for advice and help on tough decisions. Sometimes spending 15 minutes a day talking can reassure kids that they can talk to their parents if they have a problem. Start conversations about daily life and feelings with questions like these:

What was one good thing that happened today? Any bad things?

What is lunch time like at your school? Who do you sit with? What do you talk about?

What is it like to ride the school bus?

What are you good at? What would do you like best about yourself?

Talking about bullying directly is an important step in understanding how the issue might be affecting kids. There are no right or wrong answers to these questions, but it is important to encourage kids to answer them honestly. Assure kids that they are not alone in addressing any problems that arise.

Start conversations about bullying with questions like these:

What does “bullying” mean to you?

Describe what kids who bully are like. Why do you think people bully?

Who are the adults you trust most when it comes to things like bullying?

Have you ever felt scared to go to school because you were afraid of bullying? What ways have you tried to change it?

What do you think parents can do to help stop bullying?

Have you or your friends left other kids out on purpose? Do you think that was bullying? Why or why not?

What do you usually do when you see bullying going on?

Do you ever see kids at your school being bullied by other kids? How does it make you feel?

Have you ever tried to help someone who is being bullied? What happened? What would you do if it happens again?

CONTENT

Day 1

- Module-1: What is bullying? What are the differences between bullying and bad behaviours?
- Module-2: Learn much more about the scientific reasons of bullying.

Day 2

- Module-3: What about your students? Are they in denial? How bullying makes them feel?
- Module-4: How to create an empathic atmosphere at school?

Day 3

- Module-5: Technics, strategies and pedagogical approaches for overcoming bullying.
- Module-6: Technics, strategies and pedagogical approaches for overcoming cyberbullying

Day 4

- Module-7: Are you bullying someone? A Quiz.
- Module-8: How to stop bullying others? Practical technics, strategies and pedagogical approaches to stop.

Day 5

- Module-9: Stress in Students: Causes & Symptoms
- Module-10: How Teachers Can Help Limit Student Stress,
- Classroom Activities to Reduce Stress

OUTCOMES

- At the end of the course, the participants will;
- Identify the difference between bullying and bad behaviour easily.
- Learn more about the scientific reasons and consequences of bullying.
- Get information about the process and various forms of bullying.
- Develop the necessary abilities to conduct conflict and stress management.
- Create strategies to overcome bullying.
- Acquire a greater understanding of emotional and social intelligence skills to enhance them.
- Protect themselves from falling victim to a bully.
- Stand up to other victims.
- Get to know about activities to create an empathic atmosphere at school; forum theatre, creative theatre etc. activities.
- Exchange good practices and discuss challenges with fellow colleagues.
- Network with individuals and organizations working in the education field in Europe through everyday cooperation and team-building activities. experience a foreign language and culture.

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