

"ENABLE: European Network Against Bullying in Learning and Leisure Environments"





INTRODUCTION

In this booklet you will find a summary of the main activities done during our Erasmus project ENABLE.

We would like to offer a guide to other schools to set up a group of anti-bullying ambassadors.

The pages of this booklet were created during the 4th and last mobility in France by international groups of students participating in the project coming from: the Czech Republic, France, Italy and Portugal.

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1. Writing a survey about bullying in our schools

Before starting the project :

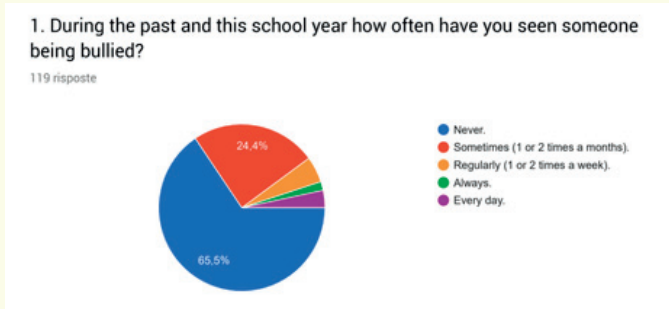
- you want to know if there is bullying in your school,
- you ask your students what they can do, for example a survey,
- what sort of questions can we ask ?

a- Here are some examples:

- 1- During the past and this school year how often have you seen someone being bullied?
- 2- During the past year and this school year how often have you been bullied at school?
- 3- How were you bullied?
- 4- How many kids have bullied you?

b- Use Google forms to do the survey.

c- Create diagrams to show the results:



By : Laurianne, Maëva, Riccardo, Bruno, Francisco, Vladimír.

2. Studying the different forms of bullying and helping the victim

Verbal

- Don't give credit for the bully's claim by encouraging them
- Advise the victim to speak up
- Tell them to contact their parents, teachers, etc.
- Tell them to contact an expert such as a psychologist
- Don't ever leave them alone
- Comfort them and support them

Physical

- Ensure that students, teachers and staff can recognize this type of bullying
- If you are physically strong enough, try to protect the victim from the bully
- Let the victim join your group of friends so they aren't alone
- Keep the bully as far as you can from the victim so they can't attack
- Inform an adult, a teacher or even the police

Cyber

- Block the user
- Don't respond to any provocations
- If you are being harassed inform parents or police
- Don't communicate with the bully
- Don't share any content that can be used against you

Social

- Stay with the victim and never leave them alone
- Let the victim enter a group and make them comfortable
- Make them confident by talking
- Talk to them and get them to trust you

By: Duarte, Lukáš, Gabriele, Kyliann, Victor, Arnaud.

3. Can you differentiate bullying from jokes and fights?

Bullying: Every morning X and Y insult Z. They say he/she is boring and ugly. And they push him/her.

Is it a joke, a fight or bullying?

Answer: It's bullying because it is a repeated verbal and physical abuse.

Joke: Two friends call each other stupid, but it is only once and it does not happen again.

Is it a joke, a fight or bullying?

Answer: It's a joke because it is between two friends, it only happened once and no one minded.

Fight: After a video game, two colleagues disagreed and started fighting, but the next day they were friends again.

Is it a joke, a fight or bullying?

Answer: It is a fight because they are angry and they hit each other and after they are friends again.

Example: In the first mobility, in Italy, the students watched some videos and they had to decide whether it was bullying, fight or joke:

Bullying - red balloons Fight - yellow balloons Joke - green balloons



By: Leandro, Léa, Alfie, Hakim, Maddalena, Veronika, Nela.

4. Famous people victims of bullying

Make some research on the Internet

Find people who were bullied:

- How?
- Why?
- When?

Write a paragraph to explain your research

Use a software to present your work:

StoryJumper, book creator...

Examples:

- Selena Gomez
- Prince Harry
- Lady Gaga
- Tom Cruise
- Kate Middleton
- Eminem
- Billie Eilish
- Barack Obama
- Rihanna



By : Candice, Carla, Kristyna, Luca, Hugo, Gonçalo.

5. Creating a project logo

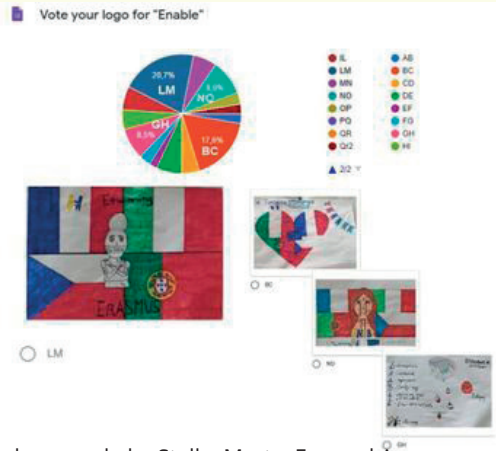
Logos were created within international group in Italy during the first meeting in Viareggio in November 2019 .

The logos had to contain:

- 1) The title of the project (ENABLE)
- 2) A representation of the countries (France, Italy, Portugal and Czech Republic)
- 3) A representation of the support organizations (eTwinning and Erasmus+)

Each group had to submit at least one logo, then each student was able to vote for the logo they preferred, but students couldn't vote for the logo of their group. The students voted online in the Twinspace.

The voting results:



The logo LM was the winning logo made by Stella, Marta, Eva and Agnes.

By : Maelle, Nela, Vanessa, Margaux, Clemence, Joao, José.

6. Discovering stories about bullying in books, movies and songs.

Look for stories about bullying. There are many movies, books and even songs. Shortly explain what those stories were about. It is important to know these stories and discover them.

As ambassadors, it is important to tell stories so more people could know about the serious issue of bullying.

How to write stories like this?

Search for similar stories on the internet: movies, books or songs.

Explain the issue of bullying.

Then choose the story you like best and tell it on a file that you will then put on the eTwinning.

One of the movies about bullying is Wonder.

The movie came out in 2017 and it is based on a book. It's about 11-year-old boy with face deformation named Aggie. He is bullied at school but his friends help him.



By : Axel, Lois, Zoe, Mateus, Gonçalo, Eva.

7. Writing stories about bullying, finding solutions and acting them.

- 1) Make groups of 3 or 4 students.
- 2) Give 1 type of bullying to each group: - cyber bullying - physical bullying - bullying because the person is different (discrimination).
- 3) Create different roles: the victim, the bully and the person who can help.
- 4) Look for or think about stories on bullying.
- 5) Write the story. You can do that on storyboard or story jumper.
- 6) Find the solution for the story and act it.



By : Lucie, Laurine, Anais, Anna, José, Ricardo, Jaroslav.

8. Writing a charter of good conduct

- 1) Think about the most important characteristics an anti-bullying Ambassador should have:
 - be a good listener
 - be kind, helpful, positive, funny and active.
- 2) Think about the characteristics an anti-bullying Ambassador shouldn't have:
 - be impulsive
 - force an activity.
- 3) Think about what ambassador should do
 - help the victims of bullying and talk to them
 - choose right words
 - talk to someone who knows what to do.
- 4) Think about what ambassador shouldn't do:
 - have too much pride
 - neglect the victims.
- 5) Think about people who can help the ambassadors:
 - teachers, parents, psychologists...

A victim of bullying



By : Yanis, Lorenzo, Giulia, Eleonora, José, Rui, Kateřina, Lenka.

9. Defining the different roles of an anti-bullying ambassador

1. Do a list of the different roles.
2. Share your list with your partner and list all the different roles.
3. Decide on the most important characteristics for each role.

Help the victims of bullying

If it's cyber bullying don't reply to the bully.
If you're bullied at home, get help at school.
Learn to love yourself and your skills.

- 1) An ambassador has to help the victim of bullying, sensitizing his class against bullying. For example in the schoolyard, if a student is being bullied, the ambassador must stop this bullying.
- 2) An ambassador has to sensitize their class against bullying.
- 3) An ambassador doesn't judge the victim.
- 4) An ambassador should be a good listener.
- 5) An ambassador should be a trustworthy person.
- 6) An ambassador should be respectful and responsible.
- 7) An ambassador should be understanding.

Prevent bullying

- 8) An ambassador should prevent bullying by organizing campaigns.
- 9) An ambassador must be involved.
- 10) An ambassador has to be sociable and serious.
- 11) An ambassador has to stay calm and not to laugh at others.
- 12) An ambassador must know how to keep secrets.

By : Etan, Milo, Corentin, Beatrice, Lucas, Katka, Tereza.

10. Possible actions of the anti-bullying ambassadors

Make your students think about actions that could be made at school.

For example:

- 1) The help box: it is a box where you can put a paper to tell your problem.
- 2) The compliment box: it is a box where you can take a paper where there is written a compliment.
- 3) A time to speak: it is a time where people are here to listen to you.
- 4) Collaborative games: they are games we can play all together.
- 5) Talking about bullying to all classes in our school, to make them think about it.



By : Lucie, Laurine, Anais, Anna, José, Ricardo, Jaroslav.

11. The "Proud to be me" video

1. Ask the students in your school - Find out why each student is special or unique
 - *What makes you unique?*
 - *What are you proud of?*
2. Finally film each student talking about why they are proud to be them
3. You can edit the video on several platforms:
Canva, VSDC, Openshot...



By : Candice, Carla, Kristyna, Luca, Hugo, Gonalo.

The Partner Schools

Czech Republic

Základní škola T. G. Masaryka, Jiráskovy sady 387,
Kutná Hora



France

Collège Antoine Delafont,
Montmoreau Saint Cybard



Italy

I.C. Marco Polo Viani,
Viareggio



Portugal

Agrupamento de Escolas Amadeo de Souza Cardoso,
Amarante



This booklet was elaborated within the Erasmus-eTwinning project

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