



TACKLING BULLYING & CYBERBULLYING IN SCHOOLS

Erasmus+ KA1 Training Course in Córdoba (Spain)



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Tackling bullying & cyberbullying

Tackling bullying and cyberbullying in schools requires a comprehensive and collaborative approach that addresses the root causes and cultivates a culture of respect and empathy.

Educational institutions play a pivotal role in fostering a safe and inclusive environment for students. Implementing clear and proactive anti-bullying policies is the first step, emphasizing a zero-tolerance stance.

Creating a supportive network within the school, including peer support programs and counseling services, ensures that students have resources to turn to when faced with bullying incidents. Additionally, involving parents and guardians in awareness campaigns and encouraging open communication between schools and families strengthens the collective effort against bullying.

Ultimately, a holistic approach involving educators, students, parents, and the broader community is essential for building a school culture that rejects bullying and cyberbullying, fostering an environment where every student feels safe, respected, and supported.

Tackling bullying & cyberbullying , basic principles

- **Prevention through Education:** Implement proactive educational programs that promote empathy, kindness, and respect. Teach students about the consequences of bullying and cyberbullying, emphasizing digital citizenship and responsible online behavior.
- **Peer Support Programs:** Implement peer support programs that create a culture of mutual assistance and understanding. Encourage positive peer relationships and provide avenues for students to support one another.
- **Counseling and Mental Health Services:** Provide counseling and mental health services to both victims and perpetrators of bullying. Addressing underlying emotional and psychological factors is essential for creating a supportive environment.
- **Staff Training:** Train educators and staff to recognize, prevent, and respond effectively to bullying and cyberbullying. Creating a vigilant and supportive school community requires informed and attentive school personnel.

Course description

The course presents tools to detect, intervene and prevent bullying and cyberbullying in the classroom with the aim of promoting a culture of coexistence and good treatment through emotional education.

Participants in this course will contemplate the effects of bullying and cyberbullying, as well as identify specific actions that can be implemented to not only halt, but also proactively prevent such behaviors.

Learning outcomes

- To deepen the knowledge and application of theories, methods and techniques related to the different types of school violence, providing teachers with the necessary tools to prevent, identify and intervene in this type of situation.
- To know the elements involved in bullying and its characteristics.
- To acquire the necessary tools to detect situations of peer violence.
- To promote a culture of coexistence and good treatment through emotional education.

Details

- One week course
- Starting from 480€ (Cultural activities included) *
- Min. 4 - max. 14 participants
- Certificate of attendance included (80% of attendance required)
- Available in Córdoba
- Also available in Spanish

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Tentative schedule

Day 1. Course introduction

- Introduction and welcome
- CHECK IN. Emotions, expectations and focus
- School bullying: bullying and cyberbullying
- Other forms of bullying: Grooming, Sexting and others

Day 2. Detecting bullying

- Communication strategies for the detection of bullying
- Psychosocial consequences of bullying
- Assessment tools. Examples

Day 3. Intervention of bullying

- Intervention from the family
- Intervention in the school environment
- Creation of protocols for action against bullying
- Complementary interventions

Day 4. Culture of coexistence

- Guidelines for creating a culture of coexistence and good treatment in the network
- Strategies for creating a culture of coexistence and good treatment in the educational centre

Day 5. Prevention of bullying through emotional education

- Emotional intelligence
- Emotional education for the prevention of violence
- Dynamics

This schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session.

Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

About the provider

Andalusia Teacher Training is a training company founded in 2018 focused in the attitudinal training and the improvement of human performance. The company works with clients with the aim of increasing their results both in personal or professional areas, developing techniques and strategies in the areas of coaching, Emotional Intelligence, soft skills and Neuro Linguistic Programming (NLP).

Andalusia Teacher Training learns from the experience gained by its staff, professionals with years of background in the fields of training and the development and management of transnational projects in the frame of Erasmus + Program. Andalusia Teacher Training is currently made up of a multidisciplinary team of 8 people, with backgrounds in languages, translation and interpreting, psychology, international relations, pedagogy and communication.

In the field of international projects, the staff has a solid background in the development and implementation of funded projects in the frame of Erasmus+ and in the areas of entrepreneurship, leadership and application of coaching, Emotional Intelligence and soft skills to different fields. In the last five years we have been involved in more than 50 KA2 projects, of which more than 25 have been developed by our staff.



José Antonio Alonso: He has studies in Economics and Psychology. He is Master in Coaching and EI, Master Trainer in NLP (Spanish NLP Association), Expert in Gestalt therapy and Master in Ericksonian hypnosis.

José Carlos León: Coach with a large experience training teams, persons and organizations using EI tools. With a degree in English Philology, he has also been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of EI and NLP.

Enjoy training... and Andalusia

Obviously, training is a key aspect, but the environment makes the experience complete. That's why Cordoba is the best possible setting, the only city in the world with four World Heritage Sites by UNESCO, a city steeped in history and culture, and also the ideal place to discover Andalusia.

Less than an hour away by train you can enjoy the bewitching Seville, the cosmopolitan Malaga and the haunting Granada, as well as having some of the best beaches just two hours away by car. All in the best connected city in Spain by high-speed train, 1.45 minutes from Madrid and in the centre of Spain's most charming region. Are you going to miss it?





How to get to Córdoba?

Córdoba has no airport, but there are excellent connections to our city from three international airports thanks to the AVE (High Speed Train):

- Madrid. 400 kilometres, 1.45 hours to Córdoba by train.
- Seville. 130 kilometres, 45 minutes to Córdoba by train.
- Málaga. 145 kilometres. 50 minutes to Córdoba by train.

Málaga is the best option, due to the high amount and variety of international destinations and the facilities to link your flight to the train.

Madrid International Airport Adolfo Suárez is the biggest airport in Spain and it has connections with all the important destinations in Europe. Flights use to be cheaper and both the frequency and the options are higher, so it is also a good chance.

Seville is another option, though destinations and frequencies are not the best. Check if it fits your plans.

Train. There are different companies offering connections from and to Madrid, Málaga and Sevilla to Córdoba. The sooner you book, the cheaper!!

- RENFE (www.renfe.es). In trains from and to Seville or Málaga, you will find AVE and AVANT. The service is the same, though this last one is cheaper. It happens the same from Madrid with AVE and ALVIA.
- IRYO. (<https://iryo.eu>). Cheap tickets if booked with months in advance.
- AVLO (<https://avlorenfe.com>). From June 1st 2023. Renfe low cost brand.

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