

BULLYING AND CYBERBULLYING, LET'S «ACT» AGAINST IT!

Course Duration: one week, from Monday to Saturday, 30 hours

Number of Participants: Min. 6 – Max. 12

Course location: GUIMARÃES and PORTO (Portugal)

Trainer: ANTI Group

COURSE DESCRIPTION

Bullying happens when actions that are unwanted and aggressive behavior among school aged children (mostly) involves a real or perceived power imbalance. This problem is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems and difficulties in social interactions at an older age.

What is considered bullying?

The actions towards another must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power sometimes as physical strength, using embarrassing information, or social status (popularity) to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people;
- It requires repetition: Bullying happens more than once or has the potential to happen more than once. In some difficult situations, bullying starts to be a part of daily life.

What includes bullying?

- Making threats;
- Spreading rumors;
- Attacking someone physically or verbally;
- excluding someone from a group on purpose;
- Psychological and emotional violence, etc.

We all know the tragic happenings in the last decade involving school shootings being proved the aggressors were once bullying victims. Over the past 30 years research reveals that bullying is one of the principal hazards to the healthy development of children.

The psychological and sociological impact of bullying on children are not only limited to school years but also continue in the later stages of life, and the risk of adulthood repercussions are high. Bullying affects both: bullies and victims.

LEARNING OUTCOMES

- **Using Drama tools in the classroom and other activities as teaching method;**
- **Using Drama tools to prevent bullying and spread important and useful information**
- **Using Drama to share real life testimonies to improve empathy;**
- **Using Drama to improve the communication and expression skills among peers;**
- **Using Drama for learning differences and label feelings;**
- **Using Drama to emotional and healthy development;**
- **Evaluation techniques through drama activities;**
- **Build a bridge of communication between different cultures and languages;**
- **Intercultural experiences.**

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PROGRAM

Day 1 - Monday Guimarães

- Welcome and diagnosis test;
- «Get to know me!» Drama Game to proceed the introductions;
- Connection and work structures through a Drama activity;
- Interpersonal relationships and team building through Drama Games;
- What is Creative Drama?.

Day 2 - Tuesday Guimarães

- Icebreakers and energizers;
- Understanding Bullying and the sources of violent behaviors;
- Anger triggers and tools to an effective management;
- Clear communication through drama.

Day 3 - Wednesday Guimarães

- Words and improvisation with a Drama game;
- Process Drama based on real life bullying story testimony;
- Interactive and dynamic theatre techniques against Bullying and other types of violence.

Day 4 - Thursday Guimarães

- Emotions and body language;
- Tips and Techniques to prevent bullying;
- Mislead and identify risk situations;
- Group Works (Improvisations and Role Plays).

Day 5 - Friday Porto

- Discovering Porto (outdoor STEAM competition)
- Evaluation of the week (reflection of the main viewpoints)
- Summary of key learning points
- Certificate ceremony

Day 6 - Saturday Porto

- Rabelo boat tour of the Douro river bridges
- Port wine tasting (oenology and Portuguese culture)
- Open discussion on possible future collaborations and planning follow up activities
- Constructive feedback of the week and the course
- Validation of learning outcomes

Note: The course programme may undergo minor changes based on logistical considerations and resource availability.