

# EB1/PE da Marinheira | Portugal



## Friends at Home, Friends Abroad

### **“Prevention of Digital Bullying”**

CEIP Francisco Arranz  
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Erasmus+





# **STRATEGY TO FIGHT BULLYING AND CYBERBULLYING**



# 1. NATIONAL PLAN

to prevent and combat bullying, cyberbullying and other forms of violence in schools

# SCHOOL WITHOUT BULLYING. SCHOOL WITHOUT VIOLENCE.



**make a DIAGNOSIS**

to identify needs

**define an ACTION PLAN**

with strategies and activities

**learn how to IDENTIFY**

warning signs

<https://www.sembullyingsemviolencia.edu.gov.pt/>

RESOURCES

parents | students  
schools | teachers

PROJECTS

AWARDS

TEACHERS TRAINING

INFORMATION





## 2. SCHOOL APPROACH

diagnosis | citizenship and development | action plan

## DIAGNOSIS



From the results obtained in the survey applied at the beginning of our project (P2), it cannot be inferred that there is a deep problem of bullying in our school.

**92%**

*like going to school*

**72%**

*never been bullied*

**76%**

*like being in classes*

**48%**

*don't consider it a problem*

**88%**

*feel safe at school*



## HOLISTIC APPROACH



- School is an important context for learning and exercising citizenship and should reflect concerns that are **transversal** to society.
- This vision is part of our school's values, defined in our **Educational Project**.
- Regarding bullying, this strategy is based on two main aspects: prevention and timely action.





## PREVENTION AND ACTION (two levels)



“ CLASSROOM

**Citizenship and Development** discipline

📌 SCHOOL

Global definition of **policies, strategies**  
and action **activities**





## PREVENTION AND ACTION (classroom level)



- In the **Citizenship and Development** discipline, we approach various topics in an interdisciplinary way, including bullying and cyberbullying.

Violence (in its most varied forms)

Human rights

Health and Sexuality

Gender equality

Environmental education and sustainability

etc.

- The **classroom** context is a good place to detect "red flags" or alert signs.



## PREVENTION AND ACTION (classroom level)



### Alert Signs

- Change in attendance and/or punctuality.
- Loss of interest in school activities.
- Sudden change in academic success.
- Problems with concentration and attention.
- Go to break last or return first.
- Isolation or often isolated.
- Often mocked, with no attempt at defense.
- Often “sick”.

### Classroom Strategies

- Study and analysis of cases presented in texts, other material or experienced by the students.
- Discussion groups.
- Class assemblies.
- Brainstorming.
- Role plays, art, music, games.
- Commemoration of dates or events.
- Exhibition of works.
- Watching movies, slideshows, etc.



## PREVENTION AND ACTION (school level)



### Bullying (some examples)

- Reinforcement of surveillance during **breaks**, a place where some students say they feel more intimidated and where most of the conflicts take place.
- Reinforcement of **training** and **awareness-raising actions** on the subject, aimed at students and parents (police, social workers, psychologists, ...).
- Close communication with the **Child Protection Commission** (referral of situations or signaling of cases).
- Discussion, review and dissemination of the **Disciplinary Regulation** (rights and obligations).



# PREVENTION AND ACTION (school level)



## Cyberbullying (some examples)

- Reinforcement of the cyberbullying issue, namely through the creation of a **Digital Security Policy**.

*The Digital Security Policy is essential in defining how the school plans to develop and establish its approach to digital security and in identifying the core principles that all elements of the school community need to know and understand.*

*We created, disseminated, and signed different Acceptable Use Policies (AUP) and informed authorizations for the use of images and electronic equipment.*

- ICT class, Safer Internet Week, Erasmus+ projects.





# THANKS!

**Any questions?**

