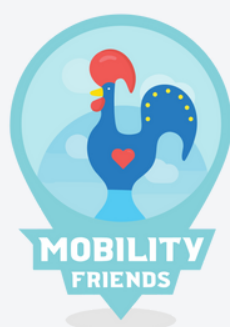**EDUCATION, TRAINING AND PROFESSIONAL DEVELOPMENT**

Inclusion, Diversity and Equity in Education

SAFE SCHOOLS: PREVENTING BULLYING AND CYBERBULLYING

ENTIDADE FORMADORA CERTIFICADA

Your Mobility Partner

PIC Number: 948037649 | **Organisation ID:** E10207576

COURSE OVERVIEW

The *Safe Schools: Preventing Bullying and Cyberbullying* course provides a practical introduction to strategies for creating safe, respectful, and inclusive learning environments. Participants will explore the causes, types, and impacts of bullying and cyberbullying on students' well-being and academic achievement. The course covers evidence-based prevention and intervention approaches, including social-emotional learning, digital citizenship education, and whole-school anti-bullying policies. Through a combination of theoretical input, case studies, and collaborative lesson planning, participants will develop practical tools to prevent and respond effectively to bullying and online harassment. By the end of the course, participants will be equipped to foster a positive school climate, support students at risk, and implement sustainable strategies to reduce bullying and cyberbullying.

TARGET AUDIENCE

This course is designed for teachers, school leaders, counsellors, and other education professionals from different educational levels who wish to develop effective strategies to prevent and address bullying and cyberbullying. It is ideal for educators seeking practical tools to create safe, respectful, and inclusive learning environments, support students' well-being, and promote digital citizenship.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:
- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:
- To provide participants with a solid understanding of the causes, types, and impacts of bullying and cyberbullying on students' well-being and academic achievement.
- To present evidence-based prevention and intervention strategies applicable to different educational contexts.
- To equip educators with tools to create safe, inclusive, and respectful learning environments.
- To explore digital citizenship and social-emotional learning as key components of prevention.
- To support participants in developing and implementing action plans to effectively prevent and address bullying and cyberbullying in their schools.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org .

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Explain the causes, forms, and consequences of bullying and cyberbullying on students' well-being and learning.
2. Identify risk factors and warning signs of bullying and online harassment.
3. Apply evidence-based strategies to prevent and respond to bullying and cyberbullying.
4. Promote digital citizenship, empathy, and social-emotional skills among students as preventive measures.
5. Collaborate effectively with colleagues, families, and communities to create safe and inclusive school environments.
6. Develop policies and classroom practices that reduce bullying and support at-risk students.
7. Design an action plan to implement sustainable bullying prevention initiatives in their schools.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: BULLYING AND CYBERBULLYING IN REAL SCHOOL CONTEXTS

- Common situations of bullying and cyberbullying in schools.
- How to recognise bullying behaviours and warning signs early.
- Roles of victims, perpetrators and bystanders in real scenarios.
- Discussing real-life examples and their outcomes.

MODULE 2: IDENTIFYING AND RESPONDING TO INCIDENTS

- Practical techniques to detect bullying at an early stage.
- How to intervene safely and effectively in specific situations.
- Strategies for documenting and reporting cases within the school.
- Collaboration between teachers, students and parents in responding to incidents.

MODULE 3: BUILDING A SAFE AND RESPECTFUL CLASSROOM ENVIRONMENT

- Classroom routines that reduce conflict and promote empathy.
- Practical activities to strengthen cooperation and group cohesion.
- Strategies to empower bystanders to act against bullying.
- Successful examples of class-based anti-bullying initiatives.

MODULE 4: CYBERBULLYING AND DIGITAL RESPONSIBILITY

- Common online platforms where cyberbullying occurs.
- Teaching students about privacy, online respect and safe behaviour.
- Establishing class agreements for responsible use of technology.
- Tools for reporting and preventing harmful behaviour online.

MODULE 5: PRACTICAL INTERVENTION STRATEGIES

- Step-by-step actions for teachers when bullying is detected.
- Restorative approaches and conflict mediation techniques.
- Supporting victims and working constructively with perpetrators.
- Setting up peer-support systems within the school.

*Please note that program content may be subject to change based on input from our trainers.

COURSE CONTENTS

MODULE 6: WORKING TOGETHER: TEACHERS, FAMILIES AND THE COMMUNITY

- Effective communication strategies with families.
- Building partnerships with psychologists, counsellors and community organisations.
- How to organise awareness events and campaigns with students.
- Successful examples of whole-school involvement in prevention.

MODULE 7: TOOLS AND RESOURCES FOR EVERYDAY PRACTICE

- Digital tools to educate about online safety and empathy.
- Ready-to-use materials for lessons and workshops.
- Activity ideas for anti-bullying weeks or campaigns.
- Quick-response templates for managing incidents.

MODULE 8: DESIGNING A SCHOOL PREVENTION PLAN

- Creating an actionable plan for bullying and cyberbullying prevention.
- Defining roles, responsibilities and monitoring strategies.
- Developing class activities and school policies for long-term impact.
- Sharing and refining plans with peer feedback.

MODULE 9: FINAL REFLECTION AND NEXT STEPS

- Key lessons learned and strategies to apply immediately.
- Building a support network with other educators.
- Ensuring sustainability and follow-up after the course.
- Certification and sharing of developed plans.

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