

STAND UP, SPEAK UP PREVENTING BULLYING AND HARMFUL BEHAVIOUR



**Organisation ID:
E10384986**

 europexchangecentre

 EuropeXchange

 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course is designed to empower teachers, school staff, and education professionals to recognize, prevent, and address bullying and harmful behaviour in educational environments. Participants will explore the psychological, social, and emotional factors behind bullying, while learning practical strategies to build a safe, inclusive, and supportive school climate. The training emphasizes communication, empathy, restorative practices, and collaboration among all members of the school community.

COURSE OBJECTIVES

By the end of this course, participants will be able to:

- To understand the causes and dynamics of bullying and harmful behaviour.
- To identify early signs of bullying and implement preventive strategies.
- To develop effective communication and intervention skills.
- To promote empathy, inclusion, and positive peer relationships.
- To create a whole-school approach to safety and well-being.



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Participants will be able to recognize different types of bullying and their impact.
- They will learn to intervene appropriately and support victims and aggressors.
- They will apply classroom management strategies that prevent conflict and violence.
- They will foster emotional intelligence and empathy in students.
- They will develop an action plan for promoting a respectful and inclusive school culture.

DURATION:

5 Days

LANGUAGE:

English or Spanish

SCHEDULE:

Monday to Friday

09:30 – 14:30
5 hours per day

OTHER SERVICES

- Beach front accommodation
- Airport transfers
- Local transport
- One day trips
- Documentation support
- Additional project assistance

CERTIFICATES

A certificate of attendance will be issued to all the participants at the end of the course.

TRAINING ACTION

Day 1

Understanding Bullying and Harmful Behaviour

- Defining bullying, cyberbullying, and related behaviours.
- The roles of victim, bully, and bystander.
- Psychological and social factors contributing to aggression.
- The importance of school climate in prevention.

Day 2

Early Detection and Prevention Strategies

- Recognizing warning signs and behavioural patterns.
- Building trust and open communication with students.
- Creating classroom rules and values that discourage aggression.
- Involving parents and the wider community in prevention.

Day 3

Intervention Techniques and Conflict Resolution

- Responding effectively to bullying incidents.
- Mediation, restorative dialogue, and peer support systems.
- Managing group dynamics and preventing escalation.
- Case studies and role-play activities.

Day 4

Promoting Empathy and Emotional Intelligence

- Teaching empathy, respect, and cooperation.
- Emotional literacy and resilience-building activities.
- Incorporating social-emotional learning (SEL) in daily lessons.
- Strengthening positive student-teacher relationships.

Day 5

Whole-School Approach and Action Planning

- Developing an anti-bullying school policy.
- Creating a supportive and inclusive school environment.
- Sharing best practices and collaborative reflections.
- Evaluation, feedback, and certification ceremony.

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



START YOUR EDUCATIONAL JOURNEY WITH US ON COSTA DEL SOL !



Get in touch



INFO@EUROPEX-CHANGE.COM



+34 662 280 571



EUROPEXCHANGE



EUROPEXCHANGECENTRE

