



idevelop

DEAL WITH CONFLICT, END BULLYING



DESCRIPTION

"There are two lasting things we give our children. One is roots and the other is wings."

Antisocial behaviour can result from problems regulating emotions, early aggressive behaviour, rejection from classmates, academic failure...

In this workshop, you will learn strategies to help students manage their emotions and understand other's feelings and intentions. Show your students how to implement non-aggressive resolutions to conflicts.

Prevent disruptive behaviour, engage your students, and implement medium and long-term Zero Tolerance strategies towards violence in your institution.



METHODOLOGY

1. Assembly and small groups work will encourage reflection and new ideas.
2. Role-play, case analysis, group dynamics, storytelling, and dialogue.
3. Follow-up strategies will enable your tutor to monitor you during the implementation process of new methodologies in your home institution.
4. Tips on how to increase commitment and active participation in your community. Make your work and efforts more visible at a local scale.



COMPETENCES

1. Become aware of your impact on the social and emotional development of your students.
2. Deepen your understanding of potential problems and conflicts to implement more effective solutions.
3. Discover a wide range of tools aimed at promoting prosocial behaviour among students.
4. Explore new strategies to involve students' families in the process.
5. Help students respond to anger and frustration in a non-aggressive way.
6. Improve your communication and relationship-building skills.
7. Learn how to evaluate their progress.





RESULTS

By completing this course, you will acquire new competencies and will be able to:

1. Witness how your students achieve a well-balanced life and build their future.
2. Access to a new network of teachers across Europe inspires new ideas, teaching methods and problem solving.
3. Turn the conflicts in your environment into solutions.
4. Create a more open-minded, inclusive-friendly school.
5. Spread your positive attitude and make the difference in your community.





DAY BY DAY

WELCOME SESSION

By Inma Doblado, course mentor
Introducing the Tutor
Handing in of the course folders and useful information
Introducing the course objectives.

DAY 1: "WHAT HAPPENED?" INSTEAD OF "WHO WAS?"

Adolescence. Characteristics of the evolution. The importance of belonging and its limits.
Socialization process. Violence and aggression.

COFFEE BREAK

Risk and protection factors. Resilience.
Systematic approach to problems. Systematic pedagogy.

BREAK

How to promote pro-social behavior. Different action levels: curriculum, classroom, school, educational community.

DAY 2: LEARNING TO SHARE

Steps to problem solving and programmes of: social skills, relaxation techniques, anger management and alternatives to aggression; building self-esteem, peer relations and positive family involvement.

COFFEE BREAK

Aggression Replacement Training. (12-17 years old). Prosocial Skills (Behaviour component) + Anger Management/Self-Regulation (Emotional component) and Moral (Values component).

BREAK

I Can Solve the Problem. Perspective-taking. Alternative solution thinking. Consequential thinking. Recognizing mixed emotions. Understanding reasons. Means-end thinking.

DAY 3: LEARNING TO FIND BETTER SOLUTIONS

Kohlberg's Levels of Moral Reasoning.
Conflict and Rosenberg's non-violent communication model.

COFFEE BREAK

Mediation. Principles, limits, stages, advantages and formal/informal application.

BREAK

The others. Giving answers and supporting victims and witnesses

DAY 4: LEARNING ALTERNATIVES

Types of Anti-Social Behaviour. Bullying and new technologies.

COFFEE BREAK

How to deal with anti-social behavior. Discipline. Mediation. Warning and Agreements. Acceptable Behaviour Contracts. Restorative Justice. Family group counseling.

BREAK

Techniques: assertive techniques, direct instruction, dialogue, role plays, storytelling, modeling, social reinforcement, attribution training, etc. as a way to promote generalization.

DAY 5: LEARNING TO FLY

Systematize. Long-term planning, cross-level programmes, prevention plans and action planning. Anti-social, aggressive and violent behavior record.

COFFEE BREAK

Peace Schools and other programmes and inspirational actions: peace builders, big brother-big sister, etc.

BREAK

Commitments. Group exchange: sharing answers, plans to promote pro-social behavior and minimize anti-social one. Group feedback as a way to improve single actions and ideas.

ROUND UP

PERSON IN CHARGE: INMA DOBLADO, COURSE MENTOR

iDevelop Quality Assessment Questionnaire.

Handing in Mobility Agreements.

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Handing in Training Certificates.



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