ERASMUS+ KA1 · TEACHER TRAINING COURSE

Preventing Cyberbullying in Schools

7 Days • Heraklion, Crete • OID: E10020547

About the course

Cyberbullying uses phones, computers and the internet to embarrass, harass, threaten or otherwise harm others. Unlike bullying in person, it continues into evenings and weekends, making it harder for schools to intervene.

The course takes a holistic look at both traditional bullying and cyberbullying: the types, the roles in bully-victim-bystander dynamics, how students can protect themselves, and the prevention and intervention strategies available internationally.

Course at a glance

Duration: 7 training days

Location: ErasmusLearn Training Center, Heraklion, Crete

Language: English (B1 or higher recommended)

Who it's for: Primary, secondary, vocational, adult and special needs teachers, teacher trainers, school leaders

Level: Introductory, open to all

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10020547

What you will learn

- Realise the extent of the cyberbullying problem in schools
- Understand the effects of cyberbullying and what can be done to prevent it

How you will learn

Lectures, exercises, discussions, teamwork, role-playing and study visit.

Course language

English. B1 level or higher is recommended. Practical, hands-on activities make it easy for everyone to take part with confidence.

What's included

- Coffee Breaks that include traditional products.
- Guided tour of the Historical Center of the town.
- Dinner in a traditional restaurant in the town.
- Europass Mobility.
- A small gift with traditional Cretan products.
- Certificate of Attendance, for participants who attend at least 80% of the course.

Course Agenda

DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

DAY 2 · Causes of Bullying

- Definition of bullying and cyberbullying
- Bullies, victims and ten common myths about bullying
- Online deceit, incivility and media perpetuation
- Recognising the signs of bullied students

DAY 3 · The New Reality of Cyberbullying

- What is cyberbullying? Types and modern examples
- Harmful aspects of digital youth culture
- Contemplating the future
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

DAY 4 · Parents & Schools

- Closing the digital divide for parents
- Rules, information security and warning signs
- Adult responses and teacher attitudes towards bullying
- Prevention programmes and strategies for schools

DAY 5 · Best Practices for Schools

- Integrating cyberbullying into prevention efforts
- Supervising students' use of IT devices in school
- The teacher's role in preventing and reporting bullying
- School climate, moral engagement and response strategies

DAY 6 · Staying Safe Online

- Social networks, social media safety and the law
- Effects of cyberbullying and how to protect yourself online
- Practical work, case scenarios and discussion

DAY 7 · Next Steps & Certification

- Erasmus+: priorities, actions, budget and tips for applicants
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificates

ErasmusLearn

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Ready to join? Book your place at www.erasmuslearn.eu

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