



Training Course:

**"How to stop bullying and cyberbullying and
promote social emotional learning"**

06.09.2021 – 10.09.2021

Place: Skopje; FYROM

Host Institution: STATE SCHOOL CENTER FOR EDUCATION AND REHABILITATION

"PARTENIJA ZOGRAFSKI" SKOPJE, REPUBLIC OF NORTH MACEDONIA

➤ ***Day 1, Monday – 06.09.2021***

- 8:30 - 10:30 - Course introduction, ice breaker
- 10:30 – 11:00 – Coffee break
- 11:00-13:00 - Participant presentations
- 13:00 – 14:00 - Lunch
- 14:00 – 15:00 - Introduction - how to recognize bullying
- 15:00 – 16:00 - Bullying - impact and prevalence
- 16:00 - 16:30 – Coffee break
- 16:30 – 17:30 - The roles involved in bullying
- 17:30 - 18:30 - Practice: case scenarios and discussion

➤ ***Day 2, Tuesday – 07.09.2021***

- 8:30 -10:30 - Mental Health and Bullying
- 10:30 – 11:00 – Coffee break
- 11:00 - 13:00 - The Impact of bullying on mental health
- 13:00 – 14:00 - Lunch
- 14:00 – 16:00 - Strategies for reducing the impact of bullying on mental health
- 16:00 – 16:30 – Coffee break
- 16:30 – 18:30 - Practical activities: raising awareness on bullying

➤ ***Day 3, Wednesday – 08.09.2021***

8:30 – 10:30 - Preventing bullying

10:30 – 11:00 – Coffee break

11:00 – 13:00 – The whole school approach

13:00 – 14:00 - Lunch

14:00 – 16:00 - Prevention in the classroom

16:00 -16:30 – Coffee break

16:30 – 17:30 - Peer support strategies

17:30 – 18:30 - Practice: fostering skills and attitudes for a safe classroom

➤ ***Day 4, Thursday – 09.09.2021***

8:30 – 10:30 - Cyberbullying (Online bullying)

10:30 -11:00 – Coffee break

11:00 – 13:00 - Different forms and characteristics of cyber bullies and victims

13:00 – 14:00 - Lunch

14:00 – 16:00 - Preventing online bullying

16:00 – 16:30 – Coffee break

16:30 - 18:30 - Practical activities: raising awareness on cyber bullying dangers



Day 5, Friday – 10.09.2021

8:30 - 10:30 - Schools' bullying prevention programs

10:30 – 11:00 – Coffee break

11:00 - 13:00 - School policies to prevent and fight cyber bullying

13:00 – 14:00 - Lunch

14:00 – 16:00 - Case study, practical work and open discussion

16:00 – 16:30 – Coffee break

16:30 – 18:30 – Evaluation, closing ceremony and conclusions of course week

Handing out certificates

****** Participants are kindly asked to have a device of one's own for making presentations etc. (tablet/laptop) but it's not obligatory.***