ENABLE (European Network Against Bullying in Learning and Leisure Environments) aims to tackle bullying in a holistic way, helping young people exercise their fundamental rights in the home, school, class and community.

The project will be implemented in a half dozen countries across Europe, work with 6,000 young people aged 11-14 years, empower 2,000 parents and teachers, and be integrated in at least 30 schools.

ENABLE teams with leading researchers from across the world. The project is based on the premise that well-being in today’s information and knowledge society calls for sound social and emotional skills, built through a deeper understanding and a responsible approach to on- and offline social interactions. In a nutshell, well-being means resilience or the ability to view even the negative through a positive lens.

**Research Phase – from October 2014 to September 2016**

**GOALS:**
- Research bullying, including its prevalence, risk factors and consequences;
- Scope impactful actions designed to influence educational policy and practice.

**Resource-building Phase – from April 2015 to September 2016**

**GOALS:**
- Develop greater empathy (social and emotional learning - SEAL) and improve the self-esteem of young people;
- Develop innovative digital tools to reduce the frequency and impact of bullying incidents.

**Peer Mentoring Training and Outreach – from October 2015 to September 2016**

**GOALS:**
- Provide support and easy access to resources for teachers, students, parents, and helpers;
- Train teachers, pupils and parents, building on the findings from this first phase of the project using a cascade model to multiply reach and impetus.

**7 ways you can contribute**

**GET STARTED**
Go to www.eun.org/enable to get started and add your suggestions

**LEARN FROM ENABLE**
Youth, teachers and parents can take part in training or become a certified trainer.

**JANUARY 2016**

**ATTEND THE FINAL ENABLE CONFERENCE**
Meet the International Think Tank.

**MARCH 2016**

**YOUR INPUT**
Access the Facebook forum or use the Incident Reporting template at www.esafetylabel.eu to talk about bullying incidents at school.

**APPLY FOR MENTORSHIP**
Benefit from the know-how of industry and participate in the EU-wide hackathon.

**OCTOBER 2015**

**SHARE RESOURCES**
Submit your top resources to the ENABLE resource competition.

**JUNE 2015**

**BECOME A PILOT CLASS**
Work with our digital diaries or pilot test social and emotional learning resources.

**MARCH 2015**