ENABLE:

HOLISTIC ANTI-BULLYING TRAINING AND RESOURCES FOR SCHOOLS

ENABLE (European Network Against Bullying in Learning and Leisure Environments) aims to prevent bullying in learning and leisure environments and contribute to the wellbeing of children aged 11 to 14, by focusing on peer support and social and emotional skill development. Co-funded by DG Justice of the European Commission, ENABLE has drawn on the knowledge and expertise of six European partners and 10 Think Tank members to shape this innovative programme.

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empower children. eliminate bullying.

ENABLE can help to reduce bullying incidents by:

- ▶ **Developing the skills and knowledge** of staff, students and parents to put measures in place to prevent bullying and create a safe learning environment
- ▶ **Building the capacity** of staff, students and parents to successfully deal with issues of bullying to minimise the impact on the individual/s
- ▶ **Encouraging** students to have a voice in developing policies and procedures related to bullying and behaviour to ensure they are student-friendly and effective
- ▶ **Empowering** students to reach out to someone if they're being bullied
- ▶ **Detecting bullying** more efficiently through the work of Peer Supporter students
- ▶ **Developing the social and emotional skills** of students and staff and helping them to manage their emotions, thus improving behaviour and relationships
- ▶ **Increasing pro-social and helping behaviours** amongst students through encouraging students to be role models to each other

ENABLE takes a holistic and sustainable approach to reducing bullying by involving students, staff and parents/carers. It educates these groups on how they can deal with bullying-related issues and effective measures that can prevent bullying and minimise its impact on individuals.

ENABLE recognises the power young people have in influencing each other's actions and behaviour. Using proven approaches and innovative resources, the project educates young people on the issue of bullying and empowers them to make a difference in their communities. The project works with all young people including those who have been bullied, those who have bullied others, and those who have witnessed bullying.

ENABLE's unique approach combines social and emotional learning (SEL) with Peer Support. Its resources and training provide staff with the skills, knowledge and confidence to establish and lead on an effective student Peer Support scheme in their school and develop their students' social-emotional skills.

Through the Peer Supporters' activities and SEL lessons, **ENABLE** encourages young people to monitor and reflect on their own and their peers' behaviour, and helps deepen their understanding of the impact their words and actions can have on others. Ultimately this helps to create a culture where students speak out about bullying, develop self-worth, support each other and respect each other's differences.

The ENABLE Resources

ENABLE's free resources help ensure that the school and classroom environment is one that is supportive and inclusive and allows students to flourish.

SEL resources

SEL interventions such as ENABLE can help reduce bullying and victimisation and improve outcomes in terms of the psychological, social, academic and physical development of both children who have been bullied and those who instigate or participate in bullying.

A set of ten, one-hour lesson plans helps teachers to develop the communication skills and social strategies students require when confronted with potential bullying situations. Written by the award-winning UK education charity SWGfL, the lesson plans reflect successful strategies from around the world identified in the research phase of the ENABLE project conducted by the Greek partner, For Adolescent Health. The topics align with ten Peer Support sessions, also developed in ENABLE.

The lesson plans which are designed to be both engaging and investigative, lead students along four distinct pathways:

Self-Awareness
understanding how and why we feel like we do; building an emotional vocabulary to express feelings and become familiar with our own behavioural indicators

Self-Management
responding to our own emotions and shaping positive outcomes through a range of personal strategies

Social Awareness
recognising emotions in others including peers; interpreting social indicators and situations and developing positive responses

Social Management
building a range of personal strategies that influence potential bullying situations to shape positive outcomes. Setting group goals to shape a positive school climate

A Parent/Carer Pack informs parents/carers of how they can keep their child safe, both online and offline, and includes activities to extend students' learning into the home.

Peer Support Resources

Peer Support schemes involve students working together to prevent bullying and help deal with its impact on the individuals involved. Peer Supporters run campaigns and activities to educate their peers about bullying and help them to feel safe and supported at school.

Research has shown that Peer Supporter schemes have a number of benefits to both the school and Peer Supporter:

Students often prefer to talk to someone their own age, having more in common with them. Peer Supporters can therefore offer invaluable support to students affected by bullying.

Students are often more aware of what goes on amongst peer groups so can detect bullying issues before a member of staff.

Having such a responsibility often helps students gain skills including increased confidence, a sense of responsibility, active listening and empathy.

The ENABLE Peer Support resources have been written and developed by a leading UK youth charity, The Diana Award, which has established many Peer Support schemes in schools. The resources provide staff with all they need to set up an effective Peer Support scheme in their setting. They include a one-day training outline to train students to be Peer Supporters and ten one-hour sessions to develop the skills Peer Supporters need in their role. The most successful Peer Support schemes are peer-led; that is why there are resources specifically for students packed full of ideas and activities around different topics such as online safety, racism and kindness.

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Center for Digital Pædagogik
Socialt arbejde i nye medier

Centre for Digital Youth Care (CfDP),
Denmark

http://cfdp.dk/enable-european-
network-against-bullying/

SWGfL
Education that Clicks

South West Grid for Learning (SWGfL),
United Kingdom

http://swgfl.org.uk/products-services/
esafety/enable

European Schoolnet

European Schoolnet,
Belgium

http://enable.eun.org

THE DIANA AWARD

Diana Award,
United Kingdom

http://www.antibullyingpro.com

Suradnici u učenju
ucitelji.hr

Partners in Learning,
Croatia

http://ucitelji.hr/Naslovnica/
Enable.aspx

for Adolescent Health (F.A.H.)

For Adolescent Health,
Greece

http://youth-life.gr/index.
php/el/

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and ensure that your students have a safe, productive and happy time at school

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