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SCHOOL TO SCHOOL-STRATEGIC

PARTNERSHIP 2018-1-AT01-KA229-

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“LET’S STOP BULLYING TOGETHER”

3th Joint-Staff Training Event

*“Bring parents and other agents into
common ground”*

**MASCALUCIA, CATANIA (Italy)
18th - 24th July 2021**



Take care...

- How can we help victims and persecutors?
- First of all, bringing parents and other agents into a common ground: it is not time for personalism!
- The fight against bullying involves taking responsibility on several levels.

Bullying, phenomenon always existed:
unfortunately there have always been forms of
persecutions.

But something new is happening, or maybe is
coming back: an increase in aggressiveness and
violence.

What makes the phenomenon of bullying even
more worrying and complex is how it becomes
online, making it unpredictable and out of
control: ***cyberbullying***.

Promote life, well-being and freedom

- Dealing with bullying is a duty for us adults: as well as improving the life of the young, it favors an attitude of mutual collaboration.
- The involvement of family members on educational aspects is indispensable to create a welcoming school atmosphere, able to offer better chances to learn.
- All of us, parents, family, teachers, can make a contribution: bullying is a social problem which does not only concern those directly concerned, but anyone who wants to promote respect for others and education to legality.

. Prevent bullying means prevent criminality on one side and emotional distress on the other side.

. Bullying talks about the problem of conflict management, that everybody has to live during the course of life and that we have to face up if we want to grow peacefully.

- To manage conflicts it might be useful to know the existential position of the people involved.

An existential position is the way how we feel towards the world and, consequently, how we relate with others. Basically there are 4 existential positions.

The passive one: I'm not ok, you are ok.

The aggressive one: I'm ok, you are not ok.

The depressive one: I'm not ok, you are not ok.

The assertively one: I'm ok, you are ok.

Educational Relationship...a way to help!

- School and family have both a precious opportunity: help a human being to grow.
- «Relationship» is the most important and effective way to do it.
- So a parent, a teacher, must be an expert in relationship and, most of all, in educational relationship.

A wise relationship

- A relationship is wise when it's able to conjugate these two words: "me" and "you".
- That means: when I'm able to say "me", I see my needs and I give me the permission to be myself. When I'm able to say "you" I see your needs and I give you the permission to be yourself.
- This is the foundation of respect and love.

All troubles come out when there is an excess of "me" or of "you".

The narcissist, for example, has an excess of "me".

If I say only "you" I'll become dependent;
if I say only "me", I'll become a tyrant

Two skills to be acquired... for an educational relationship

- The ability to observe, to know and to understand what is happening in the world.
- The ability to observe, to know and to understand what is happening in the life, in the heart, in the mind of the young people that we want to help. (victimes and persecutors).

About the first skill...

It is necessary to understand how the advent of the *digital age*

has transformed our way of experiencing time and space

and the nature of relationships

and how it has revolutionized the concepts of distance and proximity

and how a new cognitive profile is born.

About the second skill...

- To activate an effective educational action we must understand the deep reasons of the destructive emotions. (anger, fear, hate, sadness..)
- Understand a child's fears may not be enough: listen is important, but take charge of his problem is part of an **empathic competence** that each educator must develop.

Despite the multimedia reality in which we are absorbed, children still needs to be «seen» in their spontaneity, and not only «watched».

To be seen means to be considered.

There is a healthy aggression that little babies experience: their way to conquer and protect their own space in the world.

This helps them to create their ability to feel alive and real.

A healthy aggression becomes **anger** when this possibility, which represents a right, is suffocated by family situations that children are not able to face.

Then, anger can remain closed in
themselves and become depression or
social withdrawal;
or maybe can unload outside through
anti social behavior (bullying):
alternative that seems makes the
difference and divides victims and
persecutors.

In it's online dimension, aggression may be worse because there is no phisical presence to guarantee the expression of emotions:

all kind of digital screen can represent a way to defend oneself from too intense emotions, as well as removing young people from more natural and spontaneous relationships.

What can we do?

- Everyone must act according to his role, according to his conscience, trying to do the best for the well-being of young people.
- The Head Teacher, who represent the highest authority in the school, have to support a school culture based on respect for others, where differences are opportunity of enrichment and not of divisions.

Teachers must foster a climate of dialogue in the
classroom,
must observe and notice all kind of inappropriate
behavior and intervene,
must be close to each student with love, believing
in change and in the wonderful opportunities of
the human growth.

If parents are present with love and balance, supporting the growth of children with authority, we would have the best bullying prevention.

We must all have the goal

- of an everlasting personal growth
- The ability to question
ourselves
- Emotional maturity
- Interpersonal skills
- The ability to trust in youth
people and
- To have an effective dialogue
with them!

«Each student plays his instrument, there is nothing to do. The difficult thing is to know our musicians well and find harmony. A good class is not a regiment marching in step, it is an orchestra rehearsing the same symphony». Daniel Pennac