



Course Description

“Dialogue is the most effective way of resolving conflict” Tenzin Gyatso. 14th Dalai Lama.

In this course, you will learn strategies to help students manage their conflicts. Learn to listen and use the channel of communication to solve uncomfortable situations, understanding other's feelings and intentions.

Antisocial behaviour can result from problems regulating emotions, early aggressive behaviour, rejection from classmates, academic failure...

Show your students how to implement non-aggressive resolutions, Prevent disruptive behaviour, engage your students, and implement medium and long-term Zero Tolerance strategies towards violence in your institution.

Competences

The participant:

- witness how your students achieve a well-balanced life and build their future,
- access to a new network of teachers across Europe inspires new ideas, teaching methods and problem solving,
- turn the conflicts in your environment into solutions,
- create a more open-minded, inclusive-friendly school.
- help students respond to anger and frustration in a non-aggressive way,
- improve your communication and relationship-building skills,
- learn how to evaluate their progress,
- spread your positive attitude and make the difference in your community.

Methodology

- Assembly and small groups work will encourage reflection and new ideas.
- Role-play, case analysis, group dynamics, storytelling, and dialogue.
- Follow-up strategies will enable your tutor to monitor you during the implementation process of new methodologies in your home institution.
- Tips on how to increase commitment and active participation in your community. Make your work and efforts more visible at a local scale.

Results

- become aware of your impact on the social and emotional development of your students,
- deepen your understanding of potential problems and conflicts to implement more effective solutions,
- discover a wide range of tools aimed at promoting prosocial behaviour among students,
- explore new strategies to involve students' families in the process.

Day by day Planning

DAY 1. 'What happened?' instead of 'Who was?'

- 9.00-9.30 Welcome Session.
- 9.30-9.45 Ice-breaker. Get to know each other.
- 9.45-10.15 Talking about privileged.
- 10.15-11.00 Practise with: The wheel of power.
- 11.00-11.15 Coffee Break.
- 11.15-11.45 Understanding the teenagers and the world where we live in today.
- 11.45-12.15 Different generation needs and history.
- 12.15-12.45 Group Collage of our different ages.
- 12.45-13.15 What is 'Implicit bias?'
- 13.15-13.30 Understand: ethnocentrism or cultural relativism. Examples and dynamics.
- 13.30-13.50 Humor and artistic strategies:
- 13.50-14.00 The name poems and where are you really from?

DAY 2. Emotional self-regulation.

- 9.00-10.00 Experiencing Self-regulation. Morning movement practise.
- 10.00-11.00 Adolescence. Characteristics of the evolution. The importance of belonging.
- 11.00-11.15 Coffee Break.
- 11.15-12.00 Psychology tool: Personality study the traits of the bully and the bullied.
- 12.00-12.30 Personality Mask in action: the Ball of the Masks dynamic.
- 13.00-14.00 Steps to problem solving: social skills, relaxation techniques and alternatives to aggression; building self-esteem, peer relations and positive family involvement.

DAY 3. Mediation and limits.

- 9.00-9.30 Mediation practise: Limits and boundaries.
- 9.30-10.00 Conflict and Rosenberg's non-violent communication model.
- 10.00-11.00 Non-Violent Communication activities.
- 11.00-11.15 Coffee Break.
- 11.15-11.45 How to implement this method in the classroom.
- 11.45-12.15 Different types of cognitive distortions in speech.
- 12.15-12.45 Lower self-esteem red flags. Theory and practise.

12.45-13.15 Kohlberg's Levels of Moral Reasoning.

13.15-14.00 The others. Giving answers and supporting victims and witnesses.

DAY 4. How to deal with it.

9.00-9.30 Morning visualisation: in the eye of the storm.

9.30-10.00 Bullying and social media.

10.00-10.30 Instagram vs. Reallife.

10.30-11.00 Activity and debate.

11.00-11.15 Coffee Break.

11.15-11.45 How to deal with anti-social behaviour.

11.45-12.05 Micro-aggressions.

12.05-12.25 Mediation. Warning and Agreements.

12.25-12.45 Circle of control.

12.45-13.15 Practical Exercises to deal with lower self-esteem.

13.15-13.45 Techniques: assertive techniques, direct instruction, dialogue, role plays, storytelling, modeling, social reinforcement, attribution training, etc. as a way to promote generalization.

13.45-14.00 How to involve the family in the agreements.

DAY 5. Get inspired!

9.00-10.00 Dynamics and games for inclusion.

10.00-11.00 Brainstorm of: Long-term planning, cross-level programmes, prevention plans and action planning.

11.00-11.15 Coffee Break.

11.15-12.30 Peace Schools and other programmes and inspirational actions: peace builders, big brother-big sister, etc.

12.30-13.45 Different action levels: curriculum, classroom, school, educational community.

13.45-14.00 Goodbye Session.