empower children. eliminate bullying.

ICT Coalition

Brussels, June 2015

#ENABLEeu
positive interactions, well-being, children, emotional, development, psychology, social, resilience, anti-bullying, parents, teachers, empowerment, research, experts, public, convention, associate, discussion, approaches, enable, data, literacy, health, report, forum, insight, opportunities, literacy, health, report, forum, insight, opportunities
Bullying

Direct bullying:
- physical aggression (hitting, kicking)
- verbal aggression (insults, racial or sexual harassment, threats)

Indirect bullying:
- manipulation of social relationships to hurt (gossiping, spreading rumors) or socially exclude the child being victimized

Cyberbullying: distinct type via electronic means
Statistics* from INSAFE helplines

*gathered 6 monthly, approx. 80,000 calls annually
A deeper look at bullying

<table>
<thead>
<tr>
<th>Age Group</th>
<th>% Experienced some type of cyberbullying</th>
<th>% Bullied (on or offline)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>6</td>
<td>21</td>
</tr>
<tr>
<td>2014</td>
<td>8</td>
<td>19</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
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<tr>
<td>2010</td>
<td>8</td>
<td>22</td>
</tr>
<tr>
<td>2014</td>
<td>15</td>
<td>26</td>
</tr>
<tr>
<td>9-10 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>3</td>
<td>19</td>
</tr>
<tr>
<td>2014</td>
<td>10</td>
<td>24</td>
</tr>
<tr>
<td>11-12 yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>6</td>
<td>22</td>
</tr>
<tr>
<td>2014</td>
<td>9</td>
<td>21</td>
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<tr>
<td>13-14 yrs</td>
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<tr>
<td>2010</td>
<td>8</td>
<td>21</td>
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<tr>
<td>2014</td>
<td>15</td>
<td>26</td>
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<tr>
<td>15-16 yrs</td>
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<tr>
<td>2010</td>
<td>9</td>
<td>23</td>
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<tr>
<td>2014</td>
<td>13</td>
<td>22</td>
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<tr>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>7</td>
<td>21</td>
</tr>
<tr>
<td>2014</td>
<td>12</td>
<td>23</td>
</tr>
</tbody>
</table>

Ref: EU Kids 2010, Net Kids Go mobile 2014
Symptoms

- **Physical**: stomachaches, changes in appetite, dizziness, and general aches and pains

- **Psychological**: irritability, anxiety, sadness, trouble sleeping, tiredness in the mornings, loneliness, helplessness, and feeling isolated

- **Behavioral**: Victims of bullying may start getting to school late, or try to retaliate against their tormentors
Impact of Bullying

**VICTIMS**

- increased risk of stress-induced symptoms
- affects confidence and self-esteem
- increased risk for depression
- impaired academic achievement
- school disengagement

**BULLIES**

- suffer from poorer psychological adjustment
- bullies tend to adopt high-risk behaviors such as alcohol, smoking consumption, weapon carrying
- increased risk of violence
ENABLE

EUROPEAN NETWORK AGAINST BULLYING IN LEISURE AND LEARNING ENVIRONMENTS

• holistic approach based on the development of social and emotional literacy (SEL)
• investigation of bullying-related issues and approaches
• create SEL resources for schools and families
• rolled out resources through peer mentoring
guided by an international Think Tank
PROJECT: Key Facts

• Daphne III Programme – DG Justice
• Duration: 01-10-2014 until 30-09-2016
• Coordinated by European Schoolnet with five partners:

  South West Grid for Learning (UK);
  Princess Diana Award (UK);
  For Adolescent Health (Greece);
  Partners in Learning (a Croatian association of teachers);
  Cyberhus (children’s helpline in Denmark).
ENABLE CONSORTIUM PARTNERS

Diana Award, United Kingdom  
http://diana-award.org.uk

South West Grid for Learning (SWGfL), United Kingdom  
http://www.swgfll.org.uk/

European Schoolnet, Belgium  
www.eun.org

For Adolescent Health  
www.youth-health.gr

Centre for Digital Youth Care (CfDP), Denmark  
http://cfdp.dk

Partners in Learning, Croatia  
http://ucitelji.hr

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Social and Emotional Learning

Resilience: capacity to recover quickly from difficult situations

SEL skillset:
Self-awareness
Self-management
Social awareness
Relationship skills
Responsible decision-making

Emotions Matter
Emotions drive learning, decision-making, creativity, relationships, and health.
PHASE 1: Research

Responsible Partner:
For Adolescent Health (Greece)

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.
PHASE 2: Resource Building

Responsible Partner: South West Grid for Learning (UK)

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.
PHASE 3:
Peer Mentoring Training

Responsible Partner:
Diana Award (UK)

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

GOALS:
• Provide support and easy access to resources for teachers, students, parents, and helplines;
• Train teachers, pupils and parents, building on the findings from the first phases of the project using a cascade model to multiply reach and impetus.
PROJECT: Scope

ENABLE will be implemented in a half dozen countries across Europe;

ENABLE will be rolled out to 6,000 young people ages 11-14 years, 2,000 parents and at least 30 schools.
PROJECT: Goals

ENABLE aims to develop social and emotional learning skills as a means of building resilience in young people so that they can better understand and become more responsible and effective for their on- and offline social interactions.
Pre- and Post-Assessment

- Pre-Assessment
- 5 month min interval
- Post-Assessment

Measure climate

Made a difference?

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The comprehensive ENABLE approach

- Cyber skills training
- SEL training
- Teacher and peer-to-peer training
- School and Social Media Rules and Policies
INTERNATIONAL THINK TANK

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ENABLE: Some Deliverables

Publication: fill a gap
Hack-a-thon: kid involvement
Training: teachers, parents, kids
What is a Hack-a-thon?

**Hack-a-thon** = "hack" + "marathon", where "hack" is used in the sense of playful, exploratory programming

An event in which computer programmers, and others involved in software development, collaborate intensively on software projects.

**Aim:** for young people to reflect on their interactions and use their creativity to suggest new tools that could help them counteract bullying.

**Suggested concept:** Children come up with ideas on apps that are related to combating bullying and developing social and emotional learning skills. **Companies** will assess what is feasible.

**When:** Dream teams get together during **EU Code Week: 10-11 October 2015**

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Work Group: “Highlights of a Hack-a-thon”
Participants will:
• identify the challenges of launching a Hack-a-thon
• propose solutions
• discuss how to increase children’s participation and provide ideas on event promotion

Moderators: Eleanor Cooper, Diana Award, Valentina Garoia, European Schoolnet

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7 ways you can contribute

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

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

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

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
TEACHERS

Teachers are important channels to reach young people

Teachers are both a means and a message
WE NEED YOU!!!

Are you an Enthusiastic Teacher?

Do you want to present at an Online Think Tank Session?

Do you want to have your own practice-based chapter in the final publication of ENABLE?
THANK YOU!
Elizabeth Milovidov, PhD, Esq.
eSafety Consultant, European Schoolnet