

Angol nyelvű úti beszámoló

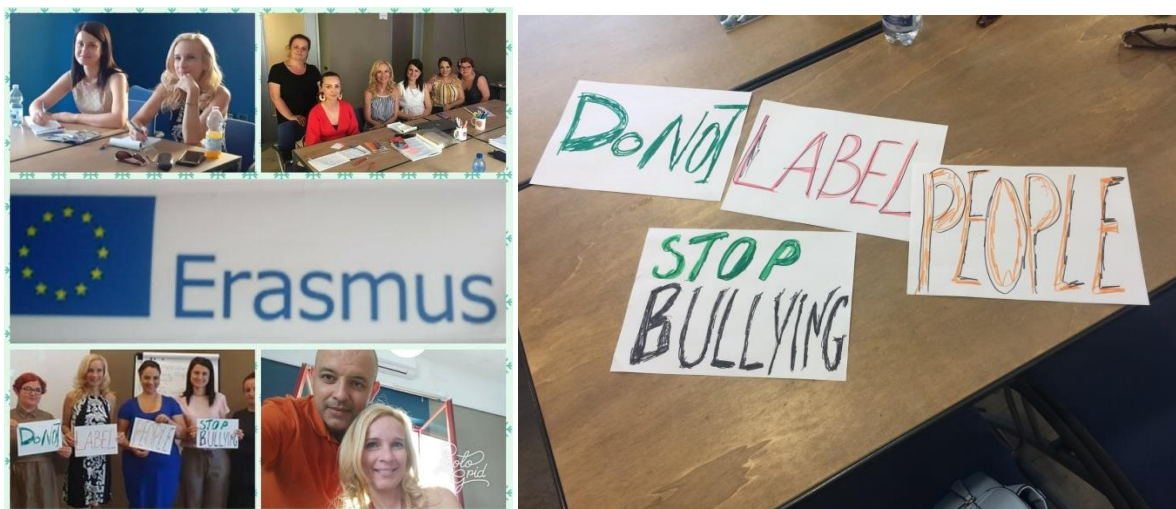
Summary report

CSIKKEL MÓNIKA
Szegedi Nemzetközi Általános Iskola

„Szakmai utunk kikövezése”
Erasmus+ KA1 mobilitási pályázatban szereplő

a Giovani per l'Europa által szervezett
Bullying Prevention
kurzusról

Milánó, Olaszország
2019. július 7. – 2019. július 20.



I chose to attend the course *Bullying Prevention* because I expected it to help me and my school deal with bullying. I was hoping to familiarise with all the creative and practical aspects of combating the issue of bullying as working in an international school and helping students from different cultural backgrounds provides extra challenges when it comes to such behavioural tendencies. Although I have read a lot of books and articles about this topic, I needed some case studies and practical advice in this serious matter, which occurs more and more frequently in our society.

On our first day we were welcomed in a most professional manner: we were given a brief introduction to the mission of the institution as well as the course, and then we got to know the other course participants. Most of the other participants were from neighbouring countries to Hungary, mainly Romania. My teacher's enthusiasm and friendliness impressed me right from the start.

We did not have an organized city tour by the school, but we had some free time to explore Milan on our own. I preferred it that way

We spent the first week learning about the signs of bullying and how we can recognize them. I was shocked to learn how different everyone's ideas were and it was great to gain an insight into the very nature of bullying and the variety of forms it can assume. We discussed all aspects of bullying, and how our skills and methodology to deal with it can be developed.

One of the most interesting facts was learning what exactly bullying was constituted of and where bullying could occur and how to set up an anti-bully environment. I could use this information in our school to prevent extra possibilities for and identify bullyism. What we thought was bullying actually wasn't. Learning the definition what actually qualifies for bullyism clearly showed me that our situation was different. The definition is the following: *Bullying is the use of force, coercion, or threat, to abuse, aggressively dominate or intimidate. The behavior is often repeated and habitual. One essential prerequisite is the perception (by the bully or by others) of an imbalance of physical or social power. This imbalance distinguishes bullying from conflict. Bullying is a subcategory of aggressive behavior characterized by the following three minimum criteria: hostile intent, imbalance of power, and repetition over a period of time. Bullying is the activity of repeated, aggressive behavior intended to hurt another individual, physically, mentally, or emotionally.* We had the opportunity to discuss these facts. I took some practical and useful exercises away from this topic that I could introduce in our school. We worked in groups and individually as well. We had to come up with ideas that we could implement in our happy, anti-bully school.



In conclusion, I was very happy with the opportunity to meet colleagues of different nationalities within the EU. I did feel that I developed a broader understanding of bullying and the ways we can prevent and eliminate this important and common problem.

