

The eTwinning Project is

LEAVE YOUR ANGER BEHIND CARRIED OUT BY FADİME ŞAHİN



The aim of the Leave Your Anger Behind! eTwinning project is,

- To develop students' anger management skills, strengthen their emotional intelligence and teach them how to cope with negative emotions.
- To raise awareness of peer bullying and ensure that they understand the underlying causes of bullying (anger, insecurity, stress, etc.).
- To raise awareness of the prevention of such behaviors by showing students the negative effects of bullying on individuals and society.
- To ensure that students have a more understanding and supportive attitude towards each other by developing empathy, respect, tolerance and positive communication skills.
- To develop students' conflict resolution and constructive problem-solving skills.
- To raise awareness of how to support individuals who are subjected to bullying and strengthen the sense of solidarity.

-To contribute to the psychological and social development of students by creating a safer, more peaceful and inclusive environment in schools.

-To develop students' emotional and social skills by ensuring that they understand themselves and others better.

Öfkenizi Geride Bırakın! eTwinning projesinin amacı,

-Öğrencilerin öfke yönetimi becerilerini geliştirmek, duygusal zekalarını güçlendirmek ve onlara olumsuz duygularla nasıl başa çıkacaklarını öğretmek.

-Akran zorbalığı konusunda farkındalık yaratmak ve zorbalığın altında yatan nedenleri (öfke, güvensizlik, stres vb.) anlamalarını sağlamak.

-Öğrencilere zorbalığın bireyler ve toplum üzerindeki olumsuz etkilerini göstererek bu tür davranışların önlenmesi konusunda farkındalık yaratmak.

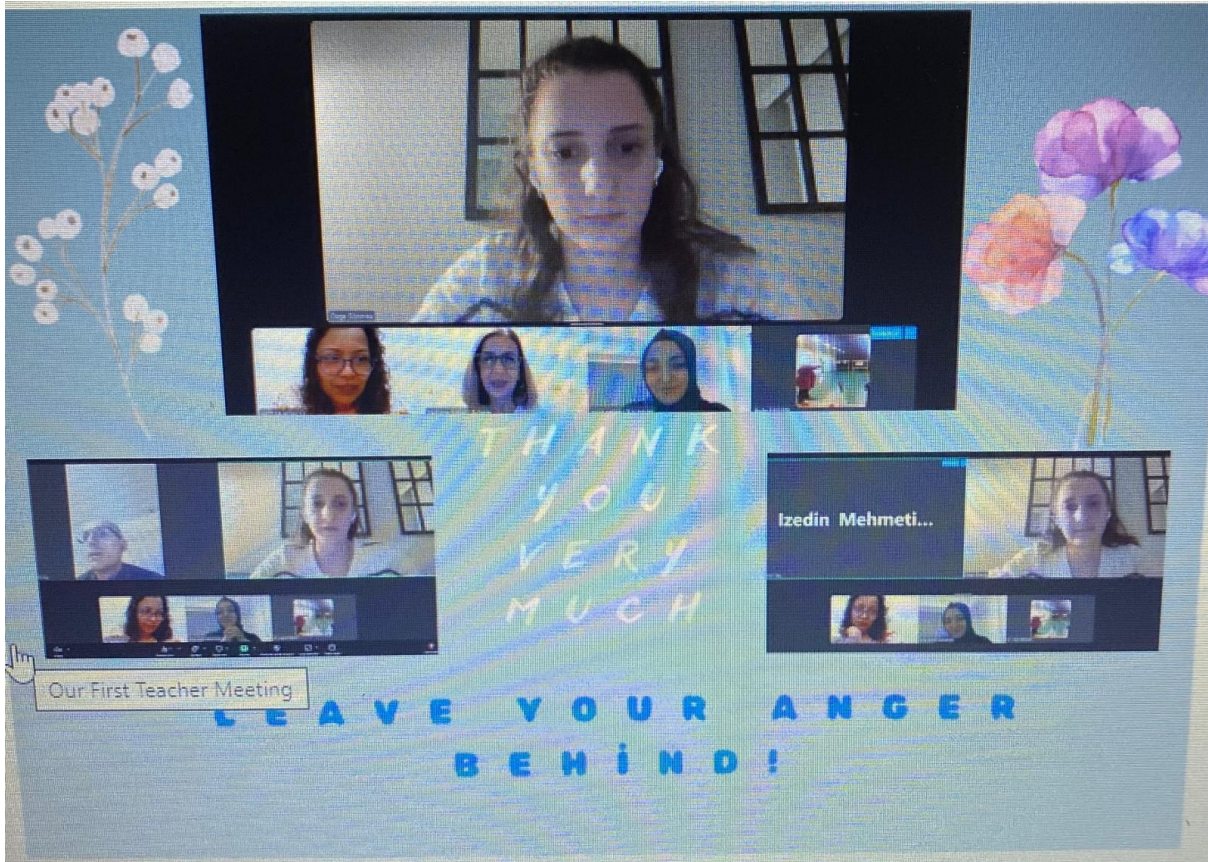
-Empati, saygı, hoşgörü ve olumlu iletişim becerileri geliştirerek öğrencilerin birbirlerine karşı daha anlayışlı ve destekleyici bir tutum sergilemelerini sağlamak.

-Öğrencilerin çatışma çözme ve yapıcı problem çözme becerilerini geliştirmek.

-Zorbalığa maruz kalan bireyleri nasıl destekleyecekleri konusunda farkındalık yaratmak ve dayanışma duygusunu güçlendirmek.

-Okullarda daha güvenli, daha huzurlu ve kapsayıcı bir ortam yaratarak öğrencilerin psikolojik ve sosyal gelişimine katkıda bulunmak.

-Öğrencilerin kendilerini ve başkalarını daha iyi anlamalarını sağlayarak duygusal ve sosyal becerilerini geliştirmek.



Our first teacher meeting was very enjoyable. We would like to thank our project partners





Our project board work



This is our eTwinning project with our students. The students from Adana Anatolian High School made a very informative presentation on Bullying.



# BULLYING AND INTERVENTIONS

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# Definition of Bullying

- ▶ Bullying refers to repeated aggressive behavior among individuals, typically in school or social settings. It involves an imbalance of power, where one or more individuals deliberately intimidate, harass, or harm another person physically, verbally, socially, or even digitally (cyberbullying).



# Happening and Effects

- ▶ This behavior can manifest through physical violence, name-calling, exclusion, spreading rumors, threats, or online harassment. Studies indicate that peer bullying is most common among children and adolescents, particularly in primary and middle schools. The effects of peer bullying are severe and long-lasting, including low self-esteem, anxiety, depression, academic struggles, and in extreme cases, self-harm or suicidal thoughts. Addressing peer bullying requires a detailed approach, including education, awareness, and intervention strategies at the family, school, and societal levels.

"No one can make you feel inferior without your consent." — Eleanor Roosevelt



# What are the Types of Bullying

- ▶ Bullying is divided into 4 main types which are:
  1. **Physical Bullying:** Includes hitting, kicking, shoving, spitting, beating up, stealing or damaging property. While physical bullying causes harm to a child's body or property, the below forms of bullying cause psychological harm. Such offensive, degrading and rejecting behaviours undermine and destabilize victimized children's sense of themselves, of their place in the school, and of their place in the world.
  2. **Verbal Bullying:** Includes name-calling, mocking, hurtful teasing, insults, slurs, humiliating or threatening someone, racist comments, or sexual harassment.
  3. **Social Bullying:** Includes rolling your eyes or turning away from someone, excluding others from the group, getting others to ignore or exclude, gossiping or spreading rumours, setting others up to look foolish, and damaging reputations and friendships.
  4. **Cyber Bullying:** Includes harrasing individuals through technological devices

# Main Causes of Bullying

- ▶ There are different reasons why people bully, including:
  1. Wanting to dominate others and improve their social status,
  2. Having low self-esteem and wanting to feel better about themselves,
  3. Having a lack of remorse or failing to recognise their behaviour as a problem,
  4. Feeling angry, frustrated or jealous,
  5. Struggling socially,
  6. Being the victim of bullying themselves,



# Anger Management

- ▶ One of the most important problems that cause bullying is not controlling our anger properly. If we let our anger decide for us, the choices we make could take us where we don't want to be. For example being in an angry emotional state stops us from thinking critical and deciding too quick might end up being the wrong solution to our problem.
- ▶ Our project "Leave Your Anger Behind" refers to this. As it suggests to decide with calm minds and not letting the anger take control of us. At the end making healthy decisions will always help us think from a different perspective and make us decide what is correct what is not.

"Knowing what's right doesn't mean much unless you do what's right." — Theodore Roosevelt

# Interviews With Students

We managed to prepare an interview with the students of our schools, asking them questions about bullying and anger management. First lets watch the video and then comment on it together.



# Interventions for Bullying

- ▶ As we spoke about bullying, types and effects of it etc. we also want to talk about preventing and even putting a stop to it. These are only possible if we take actions for bullying. According to our research there are many ways to do so. Let's list them method by method



"People who love themselves don't hurt other people. The more we hate ourselves, the more we want others to suffer." — Dan Pearce

# 1. Social Support

- ▶ Social support is a program to reduce the impact of bullying by forming peer tutors. Activities carried out in peer tutoring consist of studying together, sharing between adolescents, and activities to improve psychological health. Activities carried out using the social support method in collaboration with the youth community to increase awareness of bullying. The teachers have a role as a facilitator in the support system activities. Nurses and psychologists have role as leaders to guide support system activities, participants are trained with meditation and relaxation as well as social support.

## 2. Social Skills

- ▶ With a youth group approach, social skills are an intervention to build abilities in adolescents in order to lessen the impact of bullying. The activities conducted are beneficial in building resilience and coping abilities in dealing with stressors caused by bullying. This activity involves youth activists in order to enhance youth skills in dealing with bullying. This activity is guided by health specialists, including psychologists and nurses, who help children improve their skills by offering social support.
- ▶ As we can see this method is pretty much parallel with method number one.





# 3. School Based Programs

- ▶ School based programs are activities that collaborate with schools to reduce the impact of bullying and reduce its occurrence. This activity is carried out by health workers and the school to carry out a school-health program. School-based interventions use a methodical implementation strategy to enhance school policies and practices, increase students' social and emotional abilities, and students' capacities to form positive connections, as well as to prevent and manage bullying and cyberbullying behaviors.

"Be kind, for everyone you meet is fighting a hard battle." — Plato

# Conclusion

- ▶ With this presentation we saw that bullying can occur in different types and what may be the reasons causing them. Finally methods and interventions for bullying.
- ▶ We know uncontrollable anger is a huge issue not just for cause of bullying but for the every step of our life. Getting angry is completely natural for us but while making our choices it keeps us from thinking logical. So...

“Leave Your Anger  
Behind!”

Thanks For Your Attention :)