

# **ACTIVITIES RELATED TO THE SCHOOL DAY OF NON VIOLENCE AND PEACE**

Call the attention for the importance of ending all violent behaviours and the respect concerning others

## *“Wall” anti bullying/violence*

*Preschool//2nd cicle/3rd cicle /Secondary*



During the morning break and the lunch time were projected videos about Bullying.



Workshop called: *“Bullying: What is it and its consequences!”*

*8th Grade , Class B and 9th Grade, Class B*



Reinforce among students the importance of do not practice any violent behaviours and spread the respect among others. Inform about the consequences of who suffers from and who practices Bullying.

## **Workshop on “Violence at School: bullying and cyberbullying”**

(2th cicle, 7th and 8th graders) - With the Presence of the Technicians of the Association of Protection and Victim Help



Prevent violent attitudes and behaviours towards others.

Awareness for the aquisition of assertive behaviours.

# **WORLD DAY OF STOP BULLYING**

**(20TH OCTOBER 2015)**

## Activities with preschool and 1st cycle students

“Antibullying recipe”



Prevent violent attitudes and behaviours towards others.  
Aware to the acquisition of assertive behaviours.

# **DAY OF THE SAFETY INTERNET**

# Awareness Workshop with the presence of the Police Force

## *2nd Cicle*



Promote the safer and more responsible use of the Internet, alerting to its dangers.



# AFFECTIONS WEEK

Become aware of the importance of affections and feelings in the human development and the personal relations.

## “Affections Tree” e “Footsteps of Affections”



*“Climbing of affections: 5 days, 5 Affections showings!”*



## “Selfies of Affections”/“Affective messages”



Affective Messages in Portuguese, English and Spanish.

# THEMATIC ACTIONS WITH THE CLASSES

## Activities during the School Breaks

*“What is to be a friend?” (1st/2nd/3rd cycles–  
December 2013)*



*“We are all different and special!” (Preschool and  
1st cycle – July 2014)*



Promote the self reflection and the group reflection about the value of friendship.  
Awareness for the respect towards the existing differences among people.

## Workshop “(Un) Affections in Dating!” (8th/9th/10th graders)



*“Me and the relation with others!”*

*“Know how to be with others!”*

*“Respect the differences!”*



Awareness for the importance of the respect for others and each other differences.  
Develop the mutual help and the friendship between the many members of class/school.  
Awareness for the need of being assertive in the relationship between people, preventing behaviours of indiscipline.



# ***European Day about the Children Protection against the Sexual Exploitation and the Sexual Abuse***

Awareness Workshop with students since the 2nd cycle, one of each with the presence of a Police Detective from Coimbra Department.



Activity ***“Here no one touches!”*** – Preschool  
Activity ***“Will not let anyone hurt me!”*** – 1st cycle



Aware and inform students about the sexual exploitation and abuse and the need to stop such actions.  
Awareness for the importance of affections and our body protection.



## Since the School Year

### **Personal and Social Competences Programme**

***“All starts by me...” – 1st ciclo***

***“Find, Act and Reflect!” – 2nd cicle***

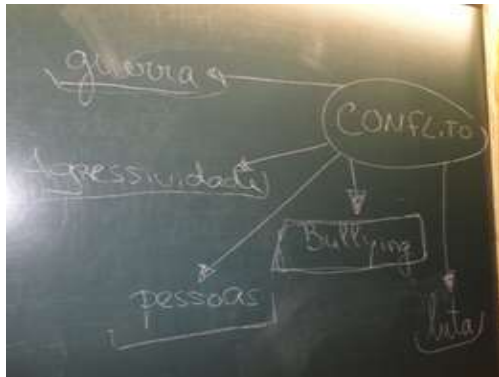
(Themes – self esteem and self confidence, motivation, the friendship and the groups, decisions making, to be in group/team, working out problems/conflicts, assertive communication...)

Develop social and personal competences, namely to the level of interpersonal and behavioural relationship  
Develop the inter help and the friendship among all members of class/school.  
Aware the students for the respect toward existing differences between the group/class.  
Transmit to students that we are all different, and so especial.  
Offer moments of reflexion about the capacities and self stengthnesses.

# Programme of Social and Personal Competences “*All starts with me...*” – 1st cycle



## Programme of Social and Personal Competences “*Find, Act and Reflect!*” – 2nd cycle



# OTHER ACTIVITIES

**“The Class (Sub)Delegate as Mediator!”**

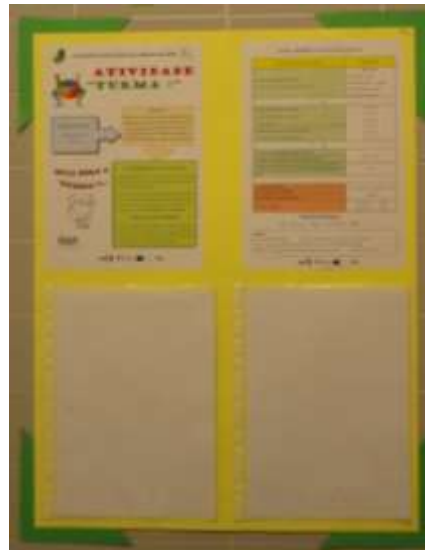


**“Family and Student Help Office Volunteers”/“Be + Volunteer”**



## Activity “Class +”

The activity intended to valorize the 2nd and 3rd cycle class that had the best performance on the study process and best behaviour (accomplish with the Internal School Rules, respect for the colleagues, Teachers and School workers), and also, the participation on the school activities.



# **ACTIONS ON THE PARENTAL EDUCATION**

*“Bullying: a problem for all!”*



*“How to motivate and accompany my child during his/her school path?”*



*“How to prevent my son/daughter from the dangers of the Internet?”*





# School Workers

Awareness Workshop: “*Bullying: know to prevent!*”

