# Appendix- Example of anti-bullying workshop

**Phase 1 Presentation**

Presentation of the Young Ambassadors, introduction to the project and to the topics covered by the meeting.

**Phase 2  Engagement with the students**

The children's attention is stimulated by asking questions, soliciting and stimulating reflection.

Example: What do you think about the topic? How widespread is the phenomenon?

What are the risks? Experiences?

**Phase 3 Brainstorming**

Starting from the word "bullying", the students take turns saying a word that comes to their mind related to the phenomenon, all the contributions are collected by writing them on the blackboard (physical or digital). A theoretical study of the phenomenon is then carried out starting from what emerged from the brainstorming.

**Phase 4 Ad hoc video viewings**

Viewing of a film and solicitation of the studentsfor commentary.

Example:

Video testimony of a boy who was bullied

Video of an act of bullying suffered by a boy

The Young Ambassadors lead the discussion, asking questions and allowing the fellows to reflect on the topic. Peers can sit in a semicircle during workshops, so they can easily see each other.

**Phase 5 Role playing on the protagonists of the phenomenon**

After explaining the roles, the students are encouraged by the Young Ambassadors to play a bullying scene. Students are chosen to impersonate: CYP engaged in bullying behaviour, helper, target, bystander etc. The remaining pupils will play the role of passive spectators (who watch the scene but do not intervene in defense of the victim).

The Young Ambassadors moderate the role playing and initiate reflection on the emotions felt by each role.

**Phase 6 Useful and practical advice**

The Young Ambassadors initiate a reflection on whom to turn in case of difficulty, delve into the causes and consequences of online and offline violence and the risks associated with improper use of the web. They remember that they are available to report cases of bullying at school.

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