



BARÇA
FOUNDATION

No **child** offside

Programme against bullying

Presentation dossier 2020-2021



Adapted to
COVID-19

INTRODUCTION

School bullying is violence, and hence violates Children's Rights.

According to Save the Children's national study (2016), 9.3% of adolescent students surveyed claim to be victims of school bullying and 6.9% of cyberbullying. And according to the latest report, "Bullying and cyberbullying in primary education in Catalonia", of the University of Girona and the Barça Foundation (2019) 1 in 4 children say they have been victim to bullying. Catalonia is one of the 5 autonomous communities with more cases of bullying.

Harassment situations are generally hidden because they are perceived as "appropriate" behaviour within the peer relationship and are considered children's games. However, this broad **social acceptance, tolerance and trivialisation of some forms of violence towards children makes it difficult to perceive it as a problem** to which priority must be given.



Bullying:

"Conduct of physical and/or psychological persecution by one child against another, whom they choose as a victim of repeated attacks. This negative and intentional action, places the victim in positions from which they find it difficult to escape by their own means" (Olweus, 1993).

PRESENTATION

The Barça Foundation in its 20-21 season celebrates the second edition of its programme **#AgainstBullying**, an educational resource that focuses on preventative work in primary schools through playful and participatory dynamics in which sport is the main focus.

The effectiveness of this programme has been **evaluated with scientific evidence** in pilot schools in Catalonia for two years by the LAECOVÍ research group. In schools where our methodology has been piloted, **the number of victims has dropped by 35.8%**.

The programme is offered openly and free to be implemented autonomously in all primary schools that request it.



2020-21 ACADEMIC YEAR – ADAPTATION FOR COVID

In order to adapt to the situations foreseen in the framework of the COVID-19 pandemic and to facilitate implementation in schools as much as possible next year, the anti-bullying programme has **adapted its content and dynamics** to the requirements of coexistence and socialisation indicated by the Department of Education of Catalonia, while also incorporating the **option to hold online sessions with students**.

It should be noted that, in order to respond to the new situations of coexistence, the **content dedicated to cyberbullying has also been extended**.

Interested centers can request it at contraelbullying@fcbarcelona.cat indicating the center code and contact person

PROGRAMME OBJECTIVES

- OBJECTIVE:** **Prevention** of bullying in primary schools (6-12 years) where sport is the main focus and with emphasis on peaceful coexistence. Scientifically proven effectiveness.
- WHO:** **THE WHOLE** of the primary school (1st to 6th year)
- HOW:** **7 sessions** (1 hr) + **1 on online security and cyberbullying** for each year. The sessions have been adapted into an ascending study plan and have an in-person, non-contact format or an online format (in the event of confinement).
- **4 sessions** for **tutoring**
 - **3 sessions** for **Physical Education**
 - **1** closing session for **Artistic** teaching
- WHAT:**
- Training for teaching and management staff as well as other staff in contact with primary school students – recommended (On Line)
 - Educational support
 - Report on school climate before and after implementation
 - #School Against Bullying accreditation
- DURATION:** Yearly and consecutive implementation, in order to ensure that each child receives all the sessions corresponding to each course of their itinerary.



COURSE 2020-2021 SCHEDULE

01

School registration

School application and online campus registration

02

Formation On Line on Bullying

03

Pre-childs questionnaires

Online tests to be completed at school a few weeks after the start of the course

04

Implementation and end of sessions

05

Post-childs questionnaires and report

Second data collection to contrast and report a few days after the last work session

06

Closing

Assessment questionnaire and satisfaction survey

* Note: The programme is implemented throughout the **WHOLE** of the primary school



#SchoolAgainstBullying
accreditation

PROGRAMME APPROACH

SPORT as a tool to prevent bullying provides:

- A scenario for early detection
- Facilitation to focus on prevention factors


Promote children's **awareness** of the relationship between their **emotions, actions and values** in order to promote peaceful coexistence.

Theoretical framework:

- . Educating in emotions: RULER
- . Social skills: HELLISON
- . Educating in values: PALOU



What do I
think?



What do I
feel?



What do
I do?

Preventive factors in the bullying prevention programme

FEELINGS Educating in Emotions	CONDUCT Social Skills	BELIEFS Educating in values
Self-esteem	Communication skills	Belonging to a group
Empathy	Assertiveness	Cooperation
Resilience	Group cohesion and sociability	Teamwork
Identification of one's own emotions	Self-control	Sense of justice
Identification of others' emotions	Positive management of conflicts	Respect for diversity
Tolerance of frustration	Compliance with the norm	Individual and group responsibility
	Autonomy	Coexistence
	Critical and thoughtful thinking	Company

ASCENDANT CURRICULUM



YEAR 1 PRIMARY

Recognition of one's own emotions
Recognition of the others' emotions
Bullying
Self-esteem

YEAR 2 PRIMARY

Emotions management
Bullying
Self-esteem
Group cohesion



YEAR 3 PRIMARY

Empathy
Self-esteem
Bullying
The role of the defender
Discrimination
Resilience (basic level)



YEAR 4 PRIMARY

Empathy
Self-esteem
Bullying
Defender role
Discrimination
Resilience

YEAR 5 PRIMARY

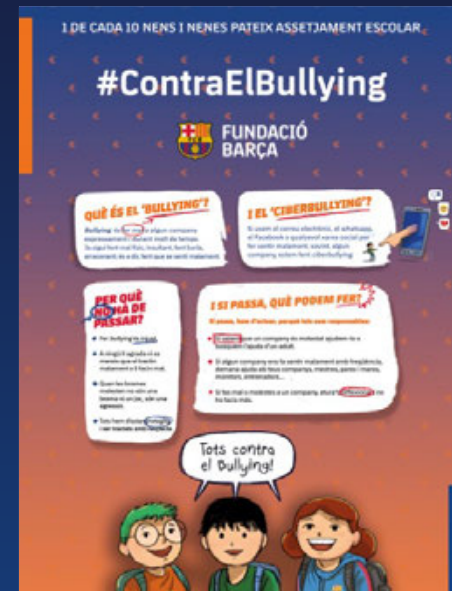
Virtual World
Digital empathy
Bullying
Role as the aggressor and victim
Cyberbullying
Resilience



YEAR 6 PRIMARY

Use of social networks
Grooming
Bullying
Cyberbullying
Resilience

SUPPLEMENTARY EDUCATIONAL MATERIALS



SCIENTIFIC EVIDENCE

The effectiveness of this programme has been confirmed by the LAECOVI research group over two years of pilot testing:

PILOT PROJECT

- **5,250** children
- **2** pilot years
- **26 schools**
12 experimental and 14 controlling
- Schools throughout **Catalonia**
- **Evaluation method**
Pre- and post- questionnaire for all children and teachers



LAECOVI Research Group-Study
Laboratory on coexistence and
prevention of violence of the
University of Córdoba

MAIN RESULTS

Below are the teachers' assessments of the programme contents:

ASSESSMENT / IMPACT

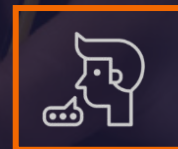
- ✓ Well-structured, understandable and easy-to-apply 1-hour sessions
- ✓ Sport as the main focus, without any other programme
- ✓ Sport is very well received by the students and gives visibility to previously hidden situations
- ✓ The Barça brand as an element to motivate children



EDUCATIONAL
MATERIAL



ESPORT



SHARING



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