



BARÇA  
FOUNDATION

No **child** offside

# Programme against bullying

Sport as a tool of prevention



## 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 programme **#AgainstBullying** is an educational resource that focuses on preventative work in primary schools through playful and participatory dynamics in which sport is the main focus.

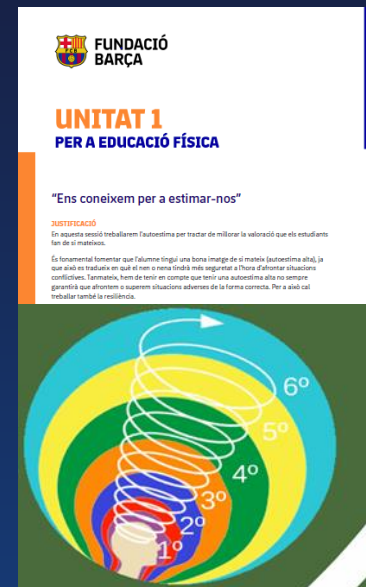
The effectiveness of this programme has been **evaluated with scientific evidence** in pilot schools in Catalonia for two years by the LAECОВI research group. In schools where our methodology has been piloted, **the number of victims has dropped by 35.8%**.

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



## 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.



## SCHEDULE

**01**

### School registration

School application and online campus registration

**02**

### Formation On Line on Bullying

**03**

### Pre-child 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-childrens 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**

<b>FEELINGS</b> <b>Educating in Emotions</b>	<b>CONDUCT</b> <b>Social Skills</b>	<b>BELIEFS</b> <b>Educating in values</b>
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




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### RULE #8 BULLYING is NOT OUR GAME

#ContraElBullying

**WHAT IS BULLYING?**  
Bullying occurs when someone or someone else is picked out a period of time. This may take the form of hitting, kicking, pushing or using some kind of physical force. Or it can involve teasing, mocking or spreading the word in a hostile way, spreading rumors.

**WHAT ABOUT CYBERBULLYING?**  
If you use email, WhatsApp, Instagram or other social networks to spread and hurt other people, you are guilty of cyberbullying.

**WHY MUST IT BE STOPPED?**

- Bullying is unfair.
- Nobody likes or deserves to be hurt or scared.
- When jokes upset the other person, they may be laughing or a game, and become an attack.
- We all want to be happy and to be treated with respect.

**IF IT DOES HAPPEN, WHAT SHOULD I DO?**

If it does happen, you need to do something, because it's someone's responsibility.

- If you or your classmates being mistreated by another, help them or go to an adult for help.
- If one of your classmates keeps picking on you, ask for help from your classmates, teachers, parents, teachers, coaches, etc.
- If you are hitting or spreading someone, then the **STOP** and don't do it again.

all together against bullying

## 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 (Spain)

## MAIN RESULTS

Below are the teachers' assessments of the programme contents:

### ASSESSMENT / IMPACT

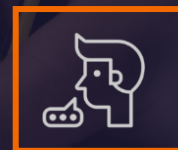
- ✓ Well-structured, understandable and easy-to-apply 1-hour sessions
- ✓ Sport as the main focus, without any other programme
- ✓ Sport is very well received by the students and gives visibility to previously hidden situations
- ✓ The Barça brand as an element to motivate children



EDUCATIONAL  
MATERIAL



ESPORT



SHARING



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