



# CyberMedi@tors

Active Citizens Partnership

Protocols - Greece





## **Protocols included in the framework of the Actions:**

**"Development and operation of the network for information, training, prevention and response to the phenomena school violence and bullying phenomena".**

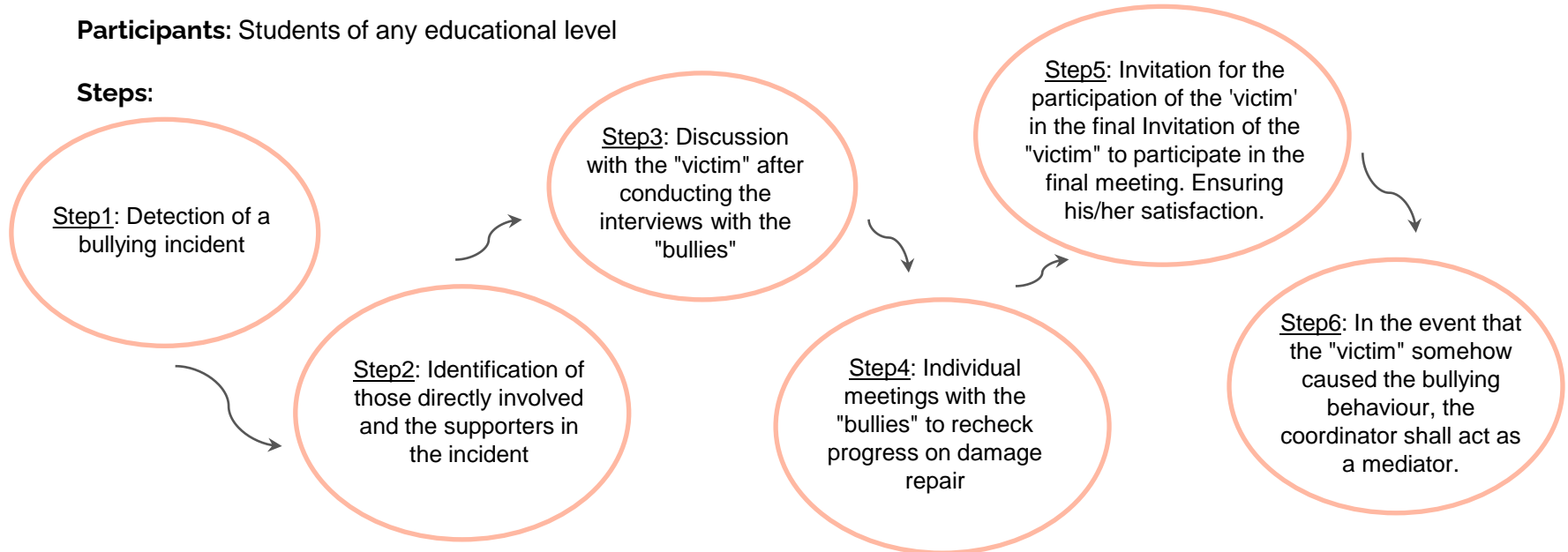
The protocols are included in Priority Axes 1, 2 and 3 of the Operational Programme "Education and Lifelong Learning", NSRF 2007-2013 and in the general framework of the initiatives of the Ministry of Education and Culture for the prevention and School Violence and Bullying. The project is co-funded by the European Union (European Community Fund) and from national resources. It is implemented by the Special Service for the Implementation of Educational Actions (SEE ED) of the Ministry of Culture, Education and Religious Affairs in partnership with the Institute of Computer Technology & Publishing Institute 'DIOPHANTOS'. Proposal and Operating Bodies: General Directorate of Primary and Secondary Education

# 1. Anatol Pikas' method (Shared Concern method)

**General Description:** This method was created by the Swedish psychologist Anatol Pikas and concerns the process of intervention with "victims" and "bullies". The method is based on an individualized approach through discussions with each person, but also in group discussions. The method consists of six stages.

**Participants:** Students of any educational level

## Steps:

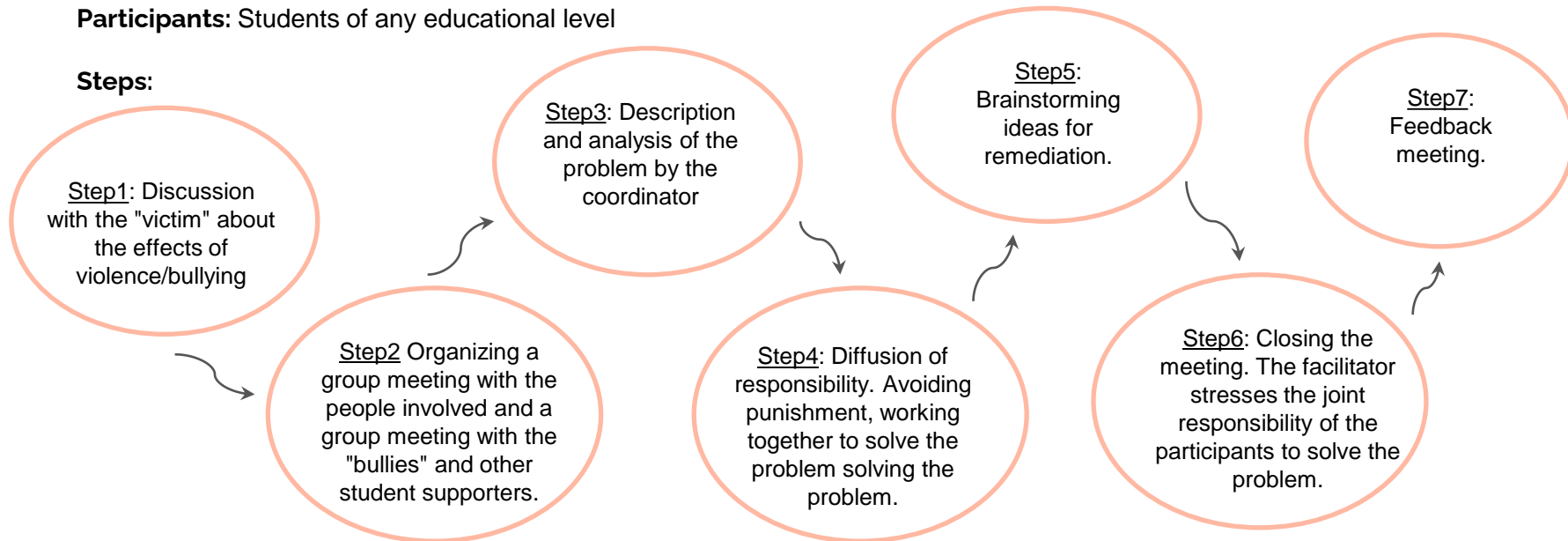


## 2. The No Blame Approach

**General Description:** This method is based on the principles of A.Pikas' method (see Protocol 1) and has the following basic characteristics: avoiding blame, encouraging empathy, diffusing responsibility, solving the problem. In summary, the method consists of 7 stages.

**Participants:** Students of any educational level

### Steps:



### 3. School Mediation or Peer Mediation

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**General Description:** School mediation or peer mediation is an alternative practice of peaceful conflict resolution based on the principles and values of restorative justice. Peer mediation is defined as the process of peacefully resolving a conflict between two or more disagreeing students with the assistance of a third and neutral student - the mediator, through a structured process, with the active participation and direct communication of the parties and with the aim of finding a constructive resolution of a consensual resolution of the disagreement.

**Participants:** School teachers and students

**Development:** In this context, emphasis is placed on the expression of needs and of the needs and feelings of people who have an active participation in the process, which aims, among other things, to satisfy the sense of win-win.

**Results:** Results The mediation is already implemented in many schools in Greece. One of them is the 3rd Gymnasium in Rethymno, Crete. The results are excellent, starting with the fact that our entire student community knows what School Mediation is and how it is implemented. The rule of thumb is that those students who experience the process first hand , either in the role of mediator or on the side of the parties involved, win. This, progressively and if mediation is systematically applied, spreads beneficially throughout the school community and creates a new rationale for human relations. A typical number of mediations in a normal school year is about 20 to 25. Negatively affected, of course, has been the disruption of school normality.

## 4. Safer internet

Advice on cyberbullying for educators

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**Context:** The Saferinternet.gr Awareness Campaign of the Hellenic Internet Safety Centre and the eponymous awareness and vigilance campaign for a safer Internet have been implemented since 2004. The main objectives of Saferinternet.gr are:

- To protect minors from inappropriate or harmful content or inappropriate or harmful behaviour and to promote responsible and safe use of the Internet.
- The empowerment of parents and teachers on Internet safety issues through information, training and appropriate online and printed material.

**General description:** The website includes multiple materials for topics related to bullying and cyberbullying. This also includes documents with advice/suggestions and guidelines on how to act in case of a cyberbullying case when you are a student, a parent or an educator.

**Participants:** Students of all levels, parents and educators.

**Guidelines for students, parents and teachers are presented above.**



## Guidelines for students

1. Always respect others - be careful what you post on the Internet and what pictures you send.
2. "Think before you post": anything you post on the Internet can become public very quickly and could stay there forever.
3. Treat your passwords as your own toothbrush: keep them for yourself. Give your mobile phone number or your personal website address only to friends you trust.
4. Block the abuser: learn how to -block or report anyone who is behaving badly.
5. Don't respond, don't retaliate!
6. Keep the evidence: learn how to keep a record of offensive SMS or emails, pictures or conversations.
7. Talk about cyberbullying:
  - To a trusted adult or to the Helpline [www.help-line.gr](http://www.help-line.gr), by phone or email.
  - To the service provider: Check the reporting tools provided by the website.
  - At your school: your teachers can help you. Don't just sit back and do nothing!

## Guidelines for parents and teachers

1. Stay alert for signs: your child can be both a bully and a victim of cyberbullying. Be alert if your child seems upset after using the internet or mobile phone. Such a situation may include odd comments or changes in relationships with friends. It is possible that your children are reluctant to talk or are secretive about their online activities or cell phone use.
2. Talk to your children and understand the ways in which they use the Internet and mobile phones. Read the 7 key messages for children and young people (See above) to start such a conversation.
3. Use the tools provided by the websites and activate existing security settings.
4. Remind children that we do not retaliate.
5. Keep evidence of offensive SMS messages, emails or conversations.
6. Report cyberbullying: - Contact the child's school Contact your child's school if the incident involves a student, If your child's school report involves a bully, if the child's bully is involved, the school can take immediate and appropriate action.
  - If the child's school is involved, contact the provider of the school to take appropriate action. Contact your service provider.
  - If the incident is serious and has a criminal offence has been committed, you should consider contacting the police.