

# Prevention of malaise and violent behaviour in schools



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Teacher training courses

SIT (educational support service)

# Bullies

## Upper-secondary school

### School year 2003/04

- Acknowledge violent behaviour in order to understand its origin, type and characteristics
- Analyse bullies' behaviour at school, in order to provide a range of possible strategies to improve personal relationships
- Prevent and fight this phenomenon equipping teachers with strategies to recognize it and understand the reasons
- Improve strategies to be used in the classroom

Psychopathologic signs of malaise at school age: how to  
discover them and intervene  
Lower-and upper-secondary school  
School year 2004/05

- Increase Knowledge and ability to spot evidence of malaise
- Know and use available useful resources to face problems
- Build strategies to develop a new situation of wellbeing

# Listening to minors' malaise: ill-treatment and abuse

Lower-and upper-secondary schools  
School year 05/06

- Help teachers recognize the signs of malaise through listening
- Give them the tools to point out suspected cases of ill-treatment or sexual abuse and intervene suitably
- Analyse the signs of malaise in order to improve communication and understand suffering
- Learn how to identify and work out the signs of abuse and ill-treatment in order to develop a lasting and careful observation of minors' behaviour in their context

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## School activities

Minors' network: Evançon  
Comunità Montana Valdigne Mont Blanc  
2 primary schools

- Prevent social and school malaise
- Inform and train parents

“Myself, the other and the group”  
How to express one’s emotions  
5 schools: nursery and primary

- Prevent juvenile malaise, create a positive environment
- Foster self-esteem, socialization and peer relationship
- Face and prevent aggressiveness
- Improve the pupil’s capacity to have good relationships, help him/her to know himself/herself and to improve self-control

# Training courses and interventions in situations of conflict

## 6 lower-secondary schools

- Prevent juvenile malaise, create a positive environment
- Foster self-esteem, socialization and peer relationship
- Face and prevent aggressiveness and malaise
- Promote well-being and fight violence
- Improve the pupil's capacity to have good relationships, help him/her to know himself/herself and to improve self-control
- Foster well-being and good relationships with himself /herself and the others

Volunteers and after-school activities  
Schools and districts: assisted study at home  
Support to pupils in difficult situations  
2 primary and lower-secondary schools

- Help pupils in difficult situations
- Develop general competences and skills
- Know local help centres

# Advice centre for school malaise and failure 7 upper-secondary schools

- Create well-being at school
- Listen in order to prevent drug use
- Prevent malaise and lack of motivation
- Improve pupil-pupil, teacher-pupil, parent-school relationships

# Prevention of addiction

## 7 upper-secondary schools

- Reflect upon the reasons which lead teen-agers to behave dangerously
- Give correct information about the risks resulting from alcohol abuse
- Make students aware of the risks connected with cigarette smoking
- Make them aware of the risks connected with drugs the exam of their biochemical effect on the brain
- Support those who want to give up smoking

# Survey of the needs

## primary and lower-secondary school

- prevention of bullying and violent behaviour (12 schools)
- correct diet (10 schools)
- correct gymnastics (8 schools)
- prevention of smoking (8 schools)
- prevention of addiction to alcohol and drugs , gambling etc. (8 schools)
- education to sexuality and affectivity (8 schools)
- prevention of eating disorders ( anorexia / bulimia) (6 schools)
- prevention of road accidents, accidents in the home and of dangerous behaviour in general (6 schools)
- introduction to the themes of health and bioethics, including promotion of blood and organ donation and health/environment relationship (5 schools)
- reduction of the “stigma” (stereotypes) (4 schools)
- prevention of sexually transmitted diseases (AIDS etc) (3 schools)

# Survey of the needs

## Upper-secondary school

- prevention of addiction to alcohol and drugs , gambling etc. (8 schools)
- prevention of smoking . (6 schools)
- correct diet . (6 schools)
- education to sexuality and affectivity . (6 schools)
- prevention of sexually transmitted diseases (AIDS etc) . (6 schools)
- prevention of eating disorders ( anorexia / bulimia) . (5 schools)
- prevention of bullying and violent behaviour . (4 schools)
- prevention of road accidents, accidents in the home and of dangerous behaviour in general . (4 schools)
- introduction to the themes of health and bioethics, including promotion of blood and organ donation and health/environment relationship . (3 schools)
- reduction of the “stigma” (stereotypes) . (1 school)