



MINDSET - PREVENTING CYBERBULLYING  
WITH A POSITIVE MINDSET

# CONSOLIDATED REPORT

Project n° 2020-2-NL02-KA205-002994

CONSOLIDATED REPORT AND GAP  
IDENTIFICATION ANALYSIS



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## Introduction

“Mindset - Preventing Cyberbullying with positive Mindset” is a Strategic Partnership between organizations in the youth field, NGO’s, youth centres and training experts working specially with young people in The Netherlands, Portugal, Slovenia, Bosnia & Herzegovina, Greece, Turkey, Malta, Belgium and Italy. The project is funded under the Erasmus+ Program of the EU Commission.

The overall purpose of this collaboration is to prevent or mitigate the occurrence of violent/aggressive speech and bullying on the internet with the education and promotion of positive psychology and fostering a positive mindset.

Positive psychology is a scientific study of what makes people thrive and focuses on behaviours that can lead to a more optimized frame of mind as much as on thought patterns that lead to more practical actions, much like cognitive-behavioural therapy (CBT). But compared to CBT, positive psychology focuses more on what makes already-functional; it focuses on strengths instead of weaknesses (Martin Selligman, Father of modern positive psychology - <https://bit.ly/PositivePsychologyDef> ). Positivity improves life, working place, family and society as a whole. For our project, positive psychology and positive thinking as part of this field will

- **Help cope with the effects of bullying** - Positive thinking impacts a person's ability to cope with stressful situations. Instead of dwelling on the negative aspects and messages from bullying, optimistic people tend to deal with the situation in much more productive and positive ways.
- **Prevent bullying as action** - Positive psychology greatly relies on emotional intelligence. If one understand others emotions and predict consequences of the action, it is more likely not to cause violent actions on others (<https://bit.ly/BookPositiveBehaviour>).
- **Prevent online bullying** - Several studies have demonstrated that positive minded social network users recognize the importance of online positivity for maintaining their self-images and relationships (Barash, Duchenaur, Isaacs & Belotti, in Lin 2015; Bryant & Marmo, 2012). The drive to show compassion to others and be positive prevents harming other people's reputations or spreading negative words about others - in other words, it prevents bullying (<https://bit.ly/StudyOnDeception>).

Our project has a focus on how to handle the problem of bullying and aggressive actions with a universal approach which can be useful for young adults and youth workers at any time in their lives and not only in bullying.

The “Mindset” project is focused on the following innovations:

- Usage of good practices: This project is not developing a new “fostering positive mindset” method. It researches existing practices in Europe and compiles them into one strategy to prepare the MINDSET educational program, check them with the experts and pilot test it with the target group of young adults.
- Changing the mindset before the act of cyberbullying occurs - thus fostering a positive mindset that will stop the act of cyberbullying from ever happening. Positive mindset is not being given the attention it requires, which may in general, be one of the reasons why people are resorting to violent speech and bullying on the internet in the first place.
- The development of a positive mindset creates a personal change and development by working at a level that accesses feelings and attitudes that affect behavior. With our program, we will look to further develop one of the most important traits that people should and must have.
- Cyberbullying stories - the idea of the project is for the site to be an online campaign against cyberbullying with stories and advice on how to foster a positive mindset while focusing on combating cyberbullying. It will be a place for people that underwent the process of cyberbullying and are willing to help others with their own experience. It will also be a page for the people that were on the “opposite side” - bullies. Now that they have realized their mistakes, they can share their stories, motivation and problems they were caused.

Following the project plan and activities, this report is a part of the **Intellectual Output 1 - Educational Program** which aims to develop a “Mindset” project curriculum with the idea of fostering a positive mindset in every partner country. This Educational Program will achieve a substantial effect on youth workers by applying a positive mind setting, considering they need innovative, comprehensive, and up-to-date curricula and methodologies not only for the prevention of bullying, but also to cope with violent/aggressive actions online.

In addition, it will improve the existing educational programs about the prevention of cyberbullying by adding various new perspectives from experts coming from different countries, which will prevent or reduce bullying actions.

Thus, the purpose of this report is to provide an assessment of the current and existing

training opportunities available for youth workers / youth leaders focusing on the prevention of cyberbullying across the partner countries. This report is a distillation and analysis of existing training good practices and will result in a gap analysis on the training needs and competences necessary to support the aforementioned target group, outlining the current stats and offering proposals for improvement of the Educational Program.

## Methodology

National desk based analysis and on field analysis was the methodology used to gather good practices on the current state and available options and curricula under the topic of cyberbullying, its prevention, and fostering a positive mindset. This initial research took place amongst the target group and within the youth centres, involving exploratory, descriptive, and explanatory studies on the existing practices that had proven to be effective and impactful.

A set of topics were defined as a guide for the focus of the research, and each partner was responsible for an effective research, identification, analysis and gathering of the existing / current good practices under the five areas below:

- Cyberbullying situations
- Prevention of cyberbullying
- Positive psychology training
- Positive mindset education

The collected data was compiled into one common file that was used as a base for this consolidated report, containing deep analysis, listing key findings and identification of gaps under the aforementioned topics. (<http://bit.ly/380kgPQ>)

This report will allow us to identify the weaknesses and gaps that exist in the current program / curriculum that needs to be improved with our project, which is the starting point for the development of the overall Educational Program - developing module structure, educational goals, and topics.

It is important to refer that this assessment is not a refined training needs analysis but does provide indicative results. The focus on a selection of practices cannot wholly represent the current overall level of practice across each country. Partner organisations brought their knowledge and experience to elaborate the breadth of

practice at local, regional and national level, which may contribute to and account for contrasting data on consistency of practice and holding a shared framework.

## Gathered Good Practices - Country Analysis

The table below indicates the numbers of good practices collected by each partner which took place at local, regional and national level, in order to clarify current state and available options within the program and curriculum under the topic of cyberbullying, its prevention, and fostering a positive mindset.

Each partner did an extensive research and gathered a minimum number of 4 good practices considering: area of the good practice; description and supporting evidence; benefits for young adults and youth workers; any additional links and resources. These good practices will be compiled in a common document which will integrate the IO 1 - "Mindset Educational Program".

**Table 1.**

Country	Partner	N° of Good Practices Gathered
CECF	The Netherlands	3
JUMPINHUB	Portugal	5
SMART IDEA	Slovenia	6
VRIJEME	Bosnia & Herzegovina	5
PRISMS	Malta	4
CODEC	Belgium	4
AYDIN	Turkey	4
HIGH ON LIFE	Italy	4
SYSTEM & G	Greece	4
<b>Total</b>		<b>39</b>

### The Netherlands

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 2.**

CECF - The Netherlands		
Name of the Good Practice	Topic	Short description
<b>Cyber Violence TOOLKIT</b>	Internet Safety; Prevention of Cyberbullying;	This Toolkit is written to support the Erasmus+ Project aim to help youth trainers to implement consistent policies of awareness-raising, prevention and law enforcement to combat cyber violence in everyday life.
<b>St. Martin Sunrise Rotary Club's initiative</b>	Fighting cyberbullying with music	Students of the St. Maarten Academy have released a music video focusing on the issue of cyber bullying. The song explores the emotional turmoil and isolation that she experiences, the berating comments that she receives and how it drives her to the edge of suicide. However, she is able to overcome the incident, by focusing on the positive aspects of her life, and in so doing, finds herself again. This is a real example showing the power of Positive MINDSET to fight bullying attitudes.
<b>Flash Mobs and Lip-Dubs to Combat Bullying</b>	Awareness on cyberbullying; Positive attitude;	Flash mobs intend to marshal the interests, aptitudes, and creativity of students at the school to share an uplifting message that can then be used as a springboard for conversation and intentional efforts to accomplish certain major goals: more kindness and less bullying. connecting and bonding students together, improving morale,

		fostering cooperation and teamwork, inspiring positive thinking, and promoting school spirit.
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Following the collection of good practices by CECF, we can assess that they have a common aim to prevent cyberbullying and raising awareness for the topic using different methodologies such as: Toolkits for youth workers and youth trainers to implement actions to prevent cyberbullying, Music videos created by youngsters exploring real life situations and how to fight violent situations with a positive mindset, and flash mobs organized within the schools that use students talent, creativity and common interests to share an uplifting message on the topic.

Even though the practices have the main focus on prevention of cyberbullying and awareness of the topic, they do not represent good practices on existing / current Trainings. Nevertheless, we can assess that **“Cyber Violence Toolkit”** can be a useful tool for any Training on the bullying topic.

## Portugal

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 3.**

JUMPINHUB - Portugal		
Name of the Good Practice	Topic	Short description
<b>SeguraNet - Safety on the internet (Navegar em Segurança)</b>	Internet Safety; Prevention of Cyberbullying;	It's an awareness program for raising awareness to cyberbullying and violence on the internet, which includes a Safe Internet Phone Line, training for teachers about safety online, and a website with available resources on the topic.
<b>Science of Happiness (Educar para a Felicidade)</b>	Positive psychology;	it is proposed a Program of activities, training and workshops, aimed at Children, Youth, Families,

		Educators and Teachers, for the development of personal, social and emotional to promote Happiness, self-confidence and self-esteem, psychosocial well-being, mental health (reducing risk behaviors and health costs) and positive relationships.
<b>E-safety label (Selo de Segurança Digital)</b>	Internet Safety; Prevention of Cyberbullying;	eSafety Label is a European Schoolnet initiative that aims to provide European schools and the extended school ecosystem with: an European-wide accreditation and support service; an online environment and community for teachers, heads of schools, ICT coordinators and school staff.
<b>Positive Attitude Program (Programa Atitude Positiva)</b>	Positive Mindset;	Positive Attitude is a Program for the promotion of healthy behaviors and the prevention of risky behaviors, focused on the development of students' socio-emotional skills and the promotion of school adjustment during the cycle transition.
<b>Plan to Prevent and Combat Bullying and Cyberbullying</b>	Internet Safety; Prevention of Cyberbullying;	This program includes an action plan around strategies and activities that raise awareness to the diversity of aggressive behaviors at school age; contributes to the identification of warning signs; constitutes itself as an aid to support schools using different approaches to prevention and intervention and is designed to encourage, recognize and disseminate reference practices.

Out of the 5 good practices collected, 3 of them are focusing on internet safety and prevention of cyberbullying, using different strategies such as awareness campaigns, promoting a healthy online environment and providing online resources for activities to be implemented within the target groups.

Other 2 good practices are focused on the topics of positive psychology and positive mindset, aiming to promote healthy behaviours and to foster social-emotional skills such as self-confidence, self-esteem and good mental health which will ultimately help to reduce risky and violent behaviours.

As an overall comprehension, 4 out of 5 good practices include workshops and trainings for different target groups (teachers, youth workers, youth leaders, students, youngsters and parents) mainly under the following topics:

- awareness to cyberbullying and violence;
- prevention of bullying and cyberbullying;
- recognition and identification of warning signs;
- positive psychology and positive mindset;
- development of personal, social and emotional skills;

## Slovenia

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 4.**

SMART IDEA - Slovenia		
Name of the Good Practice	Topic	Short description
<b>SECURE INTERNET(Varni Internet)</b>	Internet Safety; Prevention of Cyberbullying;	The purpose is to prepare and implement educational programs with which we want to raise awareness among different age groups about the importance of safe, aware and, above all, effective use of the Internet, both at work and learning, as well as in leisure and communication.
<b>TOM (Helpline TOM telephone)</b>	Internet Safety; Prevention of Cyberbullying;	TOM is a phone line and web service where young people and parents can find support for cyberbullying and violence situations.
<b>INSAFE Network</b>	Internet safety;	INSAFE is an European Network with 30

	positive use of the internet;	national Centres who implements awareness and educational campaigns, runs a helpline, and works closely with youth to ensure an evidence-based, multi-stakeholder approach to creating a better and safer internet.
<b>SAFE.si</b>	Internet Safety; Prevention of Cyberbullying;	Awareness centre that raises awareness of its five target groups about safe and responsible use of the internet and new technologies.
<b>LOGOUT&amp;SPEAKOUT</b>	Prevention of online addiction, violence in the digital age, cyberbullying;	Platform that offers structured and professional support in the form of counselling, advice from experts, support groups or treatment for the prevention and coping with online addictions, violence online and cyberbullying. They also deliver prevention workshops and training for children, students, teachers, parents, different organisations and other professionals, tailored according to group needs and requests.
<b>CLICKOUT (ODKLIKNI)</b>	Prevention of cyberbullying over women and girls;	Great manual for professionals in education about cyberbullying, especially against women.

Analysing in a generic way the good practices collected by SMART IDEA, we can assess that all of them are focusing mainly in internet safety and prevention of cyberbullying (or other violent actions online), and 2 of them have a more specific focus under the same topic: prevention of cyberbullying over women and girls and prevention of online addictions and violence in the digital age.

Although these practices have a common ground and aim, they use different strategies such as awareness campaigns tailored to the target groups, offering structured and professional support (counselling, advice and support groups), educational programs, helplines and manuals for professionals.

Out of the 6 good practices, 5 of them include workshops and trainings tailored to different target groups such as youngsters, students, youth workers, teachers, educators and parents, mainly under the following topics:

- awareness to cyberbullying and violence;
- prevention of bullying and cyberbullying;

- prevention and coping with online addictions;
- recognition and identification of warning signs;
- safe and responsible use of the internet;

## Bosnia & Herzegovina

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 5.**

VRIJEME - Bosnia & Herzegovina		
Name of the Good Practice	Topic	Short description
<b>Guidelines on how can the general public help with the prevention of cyberbullying</b>	Internet Safety; Prevention of Cyberbullying;	Guidelines for professionals to deal with cyberbullying and violence situations
<b>Realising the Value</b>	Positive psychology; health and well-being	This catalogue of learning has been produced in close collaboration with the sites, drawing on evidence combined with their practical learning and tips to others seeking to get to grips with the practicalities of person- and community-centred approaches.
<b>"Live without cyberbullying"</b>	Internet Safety; Prevention of Cyberbullying;	Platform that aims to prevent and reduce bullying and cyberbullying through an approach focused on human rights
<b>Prevention and education of children and youth on electronic violence</b>	Internet Safety; Prevention of Cyberbullying;	Empirical research based on surveys done in national primary schools, aiming to gather knowledge to aid the society fight cyberbullying. The research is useful for raising awareness to cyberbullying and violence online, fostering the recognition and identification of cyberbullying actions and help prevent it before it occurs.

<b>The effect that society can have on young adults</b>	Positive psychology; well-being and social relations;	12 week Program designed to help young people discover the importance of positive interactions with others and how to be kind to one another.
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Following the analysis of the gathered good practices by VRIJEME in Bosnia and Herzegovina, we concluded that 3 out of 5 practices are focused mainly on the topic of prevention of cyberbullying and internet safety, through different online and offline strategies such as guidelines for professionals to deal with cyberbullying and violence situations, empirical research useful for raising awareness to the problematic, and a Platform that aims to prevent and reduce bullying and cyberbullying through an approach focused on human rights.

In addition, the other 2 practices referred above have a special focus on the positive psychology, well-being and personal relations, through a catalogue of learning and a 12 week program. Both practices draw attention for the importance of positive relations and promote the development of social, emotional and personal skills.

## Malta

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 6.**

PRISMS - Malta		
Name of the Good Practice	Topic	Short description
<b>kellimni.com (talk to me)</b>	Psychological support / information;	Kellimni.com's mission is to offer one-on-one online support services to service users, mainly youth who are suffering from any form of social exclusion, abuse, neglect, and/or psychological difficulties and/or are in need of emotional, moral and social support.

<b>Brushing up Internet Safety</b>	Internet Safety; Prevention of Cyberbullying;	This is a simple activity which links a toothbrush with internet passwords. - it could be included in an internet safety training
<b>Enable</b>	Awareness on cyberbullying; Emotional intelligence;	A set of 10 social and emotional lessons (SEL - Social and emotional learning) influences students' behaviour by helping to develop their social and emotional skills and encouraging them to reflect on their own and their peers' behaviour.
<b>Watch your space (Connected)</b>	Awareness on cyberbullying;	Connected aims to empower young people to be effective, autonomous and safe users of technology and online media.

Out of the 4 good practices collected, 3 of them represent activities and lessons / trainings focused on internet safety, awareness of cyberbullying and emotional intelligence, using different approaches and methodologies to reach the intended target group: youngsters, parents, youth workers. These trainings and activities have a special focus on the following topics:

- awareness to cyberbullying and violence;
- prevention of bullying and cyberbullying;
- emotional intelligence and empowerment of young people;

One of the good practices introduced represents a platform that provides psychological support to victims of violence, bullying and cyberbullying, providing as well information to cope with emotional distress, social exclusion and any kind of abuse and neglect.

## Belgium

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 7.**

<b>CODEC - Belgium</b>
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Name of the Good Practice	Topic	Short description
<b>StopTheB – A New Anti-Bullying Movement</b>	Awareness on cyberbullying;	StopTheB is a new global initiative. aiming not only to raise awareness and educate on the issues, context, and dynamics of bullying and by standing behaviors, but more importantly to inspire individuals to rise up, support targets, intervene when they feel comfortable, and otherwise simply do the kind thing.
<b>Digital Dating Abuse: A Brief Guide for Educators and Parents</b>	Research on cyberbullying;	Research with information about the nature and extent of digital dating abuse among adolescents and how to best address it.
<b>A Leader’s Guide to Words Wound</b>	Set of educational tools on cyberbullying	This leader’s guide can help professionals use Words Wound to inspire productive discussion, engage teens in reflection, explore useful strategies for dealing with online bullying, and work toward building a culture of greater kindness and respect.
<b>#DeleteCyberbullying</b>	Internet Safety; Prevention of Cyberbullying;	The project created a mobile app with interactive content and videos aimed at raising awareness around Europe on the phenomenon of cyberbullying.

Analysing the 4 good practices gathered in Belgium by CODEC, we can assess that they have a common ground of preventing cyberbullying and raising awareness for the topic using different methodologies such as: mobile apps with interactive content and videos, a guide for professionals on research on the nature and extent of online dating abuse and a global initiative to raise awareness and educate people on the bullying problematic.

Even though the practices have the main focus on education and awareness, they do not represent good practices on existing / current Trainings . Nevertheless, we can assess that **“Digital Dating Abuse: A Brief Guide for Educators and Parents”** can be a useful tool for any Training on the bullying topic.

## Turkey

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 8.**

AYDIN - Turkey		
Name of the Good Practice	Topic	Short description
<b>Facebook Bullying Prevention Center</b>	Internet Safety; Prevention of Cyberbullying;	Facebook Bullying Prevention Center is a Platform that acts as a resource for youth, parents and educators seeking support and assistance with issues related to bullying and other conflicts.
<b>The Strengths Wheel</b>	Positive psychology	This is an exercise that can be used in training for youngsters, professionals, educators and others who are looking to improve their strengths to be used towards improving their well-being.
<b>Values in Action Inventory Strengths - VIA Survey</b>	Positive psychology	Values in Action is an online tool / survey where people can identify and assess their own positive aspects and strengths and learn how to take advantage of them within their own lives.
<b>Don't Become a Cyber Bully!</b>	Internet Safety; Prevention of Cyberbullying;	Awareness movement that Aims to reach more than 10 thousand students with Cyber Bullying Awareness Trainings.

Following the analysis of the gathered good practices, we concluded that 2 out of 4 practices represent available tools online and off-line that can be used by any person who's interested in the topic of positive psychology, and who aims to assess their skills and strengths at personal, social and emotional level.

On the other hand, one of the introduced practices reports to an existing Awareness center, acting as a resource for youngsters, parents, educators and other professionals in the prevention of bullying and cyberbullying and raising awareness to the topic.

Under the internet safety and prevention of cyberbullying topic we have 1 good practice

(out of 4 practices) representing Awareness Trainings for students on how to prevent cyberbullying and coping with bullying and cyberbullying actions.

## Italy

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 9.**

<b>HIGH ON LIFE - Italy</b>		
<b>Name of the Good Practice</b>	<b>Topic</b>	<b>Short description</b>
<b>The Cyberbullying Research Center</b>	Internet Safety; Prevention of Cyberbullying;	The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.
<b>Positive Thinking and Mindset Training Course</b>	Positive Mindset	This positive thinking training workshop from Zoe Talent Solutions will empower participants to shift from negative attitudes into positive situations to succeed.
<b>Anti-Bullying Alliance</b>	Internet Safety; Prevention of Cyberbullying;	Anti-Bullying Alliance is a unique coalition of organisations and individuals, working together to achieve the vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.
<b>APP: ReThink - Stop Cyberbullying</b>	Internet Safety; Prevention of Cyberbullying; Positive psychology;	ReThink is a patented, innovative and award-winning solution to empower adolescents to make positive decisions online and become responsible digital citizens.

Out of the 4 good practices collected, 3 of them are focusing on internet safety and prevention of cyberbullying, using different strategies such as a Cyberbullying

Research Centre, an Anti-Bullying Alliance and an APP aiming to Stop Cyberbullying. These practices share a common goal and are meant to reach a common target group: youngsters, parents, educators, youth workers and other professionals that could be dealing with the aforementioned topic.

In addition, out of the 4 practices, only one of them has a specific goal to provide Training based on positive thinking, aiming to empower participants (specially young people) to shift from negative to positive attitudes when facing difficult situations such as bullying.

## Greece

Below is an outline of the gathered good practices, considering their specific area and intervention. A more detailed description is available in the common file.

**Table 10.**

<b>SYSTEMS &amp; G - Greece</b>		
<b>Name of the Good Practice</b>	<b>Topic</b>	<b>Short description</b>
<b>"Live without Bullying"</b>	Awareness on cyberbullying; E-Counselling;	This is an E-Counselling platform, initiative of KMOP, aiming mainly at the empowerment of children and adolescents to face school and cyber bullying.
<b>"The House of the children"</b>	Prevention of Bullying based on disability, ethnicity, religion; Pedagogical and didactical approaches on bullying;	It's an educational prevention programme that aims to prevent cyberbullying in primary schools with the guidance of trained teachers, where children play and learn to make relationships and deal with difficulties in these relations creatively.
<b>Combat Bullying: A Whole School Program" (ComBuS)</b>	Awareness on cyberbullying;	The ComBuS Mobile App is an innovative tool that will allow schools stakeholders, parents and students to access guidance, advice and toolkit resources on-the-go.
<b>«The Smile of the Child»</b>	Internet Safety; Prevention of Cyberbullying;	Is the national operator of the European Helpline for Children and Adolescents

		providing counseling support for free to children and adolescents!
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Through a generic analysis of the good practices collected by SYSTEM & G, we can conclude that all of them are focusing mainly in internet safety and prevention of cyberbullying, and 1 of them has a more specific focus under the same topic: prevention of bullying based on disability, ethnicity and religion, using a pedagogical and didactical approach on bullying.

These presented practices have a common ground and aim, although they use different strategies such as Mobile Apps, Helpline for children and adolescents, educational prevention program and an E-Counseling platform.

Out of the 4 good practices gathered, 2 of them include workshops and trainings and Blended learning modules tailored to different target groups such as youngsters, students, youth workers, teachers, educators and parents, mainly under the following topics:

- awareness to cyberbullying and violence;
- prevention of bullying and cyberbullying;
- improvement of social skills and relationships.
- using creativity in the interpersonal relationships;

## What is common and working?

The compilation of good practices gathered amongst nine European Countries, allowed us to assess the current and existing practices under the topic of cyberbullying and positive mindset.

A number of items stand out as common practices and outcomes:

- Helplines - phone lines available 24/7 to support victims of bullying / cyberbullying, of any kind of abuse or exclusion;
- Mobile apps and platforms with resources to be used by professionals (teachers, educators, youth workers) to help prevent or mitigate bullying situations;
- Awareness campaigns or movements to promote internet safety and responsible use of the internet, and to raise awareness for the existence of

- bullying / cyberbullying, its consequences and dangers;
- Networks of organizations and individuals focusing on a common goal: prevent cyberbullying and promote internet safety;
  - Trainings, workshops and activities focused on different target groups (teachers, educators, youth workers, children, students and parents), who aim to promote the recognition and identification of bullying signs and provide tools to cope with bullying / violent situations;
  - Trainings, workshops and activities tailored to different target groups, focused on positive psychology and positive mindset, aiming to foster personal, social and emotional competences;

## Identified Gaps

As previously mentioned, this report aims to identify the weaknesses and gaps existing in the current programs and curriculums, keeping in mind the main goal of the Intellectual Output: to prevent and subdue bullying on the internet through the development of an educational program for fostering a positive mindset within people and potential bullies.

After extensive analysis of the gathered information across the 9 project partner countries, we were able to outline some key findings and gaps in the current programs, which will be the base for the definition of a tailored Educational Program:

- From the total number of good practices gathered (39), 76.9% (30) are related to internet safety and prevention of cyberbullying and only 23.1% (9) are focused on positive mindset and positive psychology or emotional intelligence.
- 46.2% (18) of the practices correspond to actual trainings or activities to be implemented during trainings for youth workers / youth leaders, teachers, students, children and parents. Out of these trainings only a smaller percentage - 15.4% (6) is focused on positive mindset, fostering the development of personal, emotional and social competences.
- A considerable percentage of the practices are related to online platforms, mobile apps, or helplines - 33.3% (13). Online tools and approaches are usually more effective to reach younger people and for its anonymity.
- Although some of the practices come from European networks and/or awareness campaigns at EU level, they lack an European perspective and focus on active citizenship and European values.
- From the overall analysis, we can assess that none of the practices / trainings /

activities combine the prevention of cyberbullying and violence with the use of a positive mindset, since these 2 areas remain rather apart.

As a conclusion, we can say that Youth workers/youth leaders and young adults need innovative, comprehensive and up-to-date curriculum and methodologies not only for the prevention of bullying, but also to cope with violent/aggressive actions online, using a positive mindset approach.

Considering the best progress and learning processes for young people, professionals and parents, an Educational Program will be developed considering the above conclusions and aiming to respond to the needs and fill the existing gaps under the aforementioned topic. Therefore, the compilation of the good practices is highly useful for the development of a tailored, focused and learning-oriented Educational Program with the following content:

- Understanding the bullying mind
- Positive psychology
- Fostering positive thinking
- Fostering empathy
- Understanding and using emotional intelligence
- Influencing self-esteem
- Helping victims overcome their past experiences
- Resilience and coping mechanism.
- Increase in self-awareness
- Active citizenship
- European values



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