



Key Action 1 (KA1) — Learning mobility of individuals
Mobility of individuals in the field of education, training and youth

“Lift me UP”

Erasmus+
Enriching lives, opening minds.

 **JUGEND
für Europa**
Nationale Agentur
Erasmus+
JUGEND IN AKTION



Co-funded by
the European Union



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KA153-YOU - Mobility of youth workers - Lift me up

Превенция на тормоза: Нашият опит от проекта “Lift Me Up” ERASMUS+

Същност на проекта, участници, цели

- Тема, цели: Тормоз, начини за справяне с него, ефекта на страничния наблюдател, насърчаване на подпомагащите поведения.
- Участници: по трима представители от 6 държави (Армения, Азербайджан, България, Грузия, Германия, Португалия).

20. ОУ „Тодор Минков“, София, България



Добри практики

- Ден на розовата фланелка
- Торба с добри дела
- Буркан с позитивни послания



Добри практики

- Таен приятел
- Кофа за нерви
- Включване на родителите в училищния живот и в извънкласни дейности

20. ОУ „Тодор Минков“, София, България



Игри за сплотяване

- Човешко бинго
- Криеница
- Плодова салата



Игри за разрешаване на проблеми

- Рисуване без думи – човешки права
- Замръзванка (freeze frame)



Padlet

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International Association for Peace and Democracy Development + 21 • 17h

"Anti-bullying Network"

- To develop knowledge and understanding about the causes and consequences of bullying and interpersonal violence;
- To provide the participants with educational resources, materials, consultation and transfer know how of the methods and ways of work to combat against bullying;
- To develop new tools and methods, innovative approaches which empower the youth to speak up the bullying cases and find the solution—through awareness, insight, action;
- To raise awareness of bullying through Anti-Bullying Week and other coordinated and shared campaigns as follow up actions;
- To launch of projects both within the framework of the Erasmus+ and on the local, regional and national level for cross-sectoral cooperation -schools, families and youth organizations;

About



"Lift me up"

"Lift me up" is a call to action for anyone wanting to speak out against bullying. It is a virtual wall for everyone to make their voices heard.

When enough people are willing to speak up and speak out, change will happen and the world will be a better place.

By adding your name to the "Anti-bullying" campaign you will become

Local projects/Dissemination

IAPDD (DE)- 09/07/2023
Presentation of the project results, films and discussions of the prevention of bullying



Today we have organized online meeting for youth workers, teachers and educators where we have presented our project result

Materials

Erasmus+
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E-book for prevention of bullying



PDF
Toolkit - Stand by Me

Discussion corner

Diversity



YouTube
Diversity
<https://www.youtube.com/watch?v=RPkPMQvD3ro>

Be Kind



Feedbacks

Kalina

The "Lift Me Up" project was a great experience. I got to practice my language skills, shared good practices with colleagues from different countries, learned more about bullying and participated in a variety of games and exercises on this topic. I had a chance to practice presenting in front of people and develop my leadership skills. I love the positive spirit and enthusiasm that everyone brought with them. During the project we build a community, we found new friends and

he better **Draft 1**

https://padlet.com/iapdd_eu/anti-bullying-network-9s23i8cmx67a



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Благодарим Ви за вниманието!

