



Sohanjana Antibullying Intervention

TRC offers training sessions in collaboration with Technical University of Berlin on the common problem of bullying in schools. Sohanjana Antibullying Intervention is an antibullying Teachers' Professional Development Program devised to control bullying and aggressive behaviours among students in educational institutions and is being developed in collaboration with the Institute of Educational Science, Technical University of Berlin and numerous professionals worldwide. University of Berlin is a public research university located in Berlin, Germany, with roots dating back to 1879 and is one of the top public universities in Germany.

This 32-hour antibullying intervention course is an initiative to educate and train teachers in identifying, standing up to, and appropriately intervening in bullying issues among students in Pakistan. It is an attempt to integrate theory into practice and contextualise it according to the needs of a Pakistani society and its conditions.

Benefits of this course

- After completing this course, participants will receive a certificate from the Department of Educational Science, Technical University of Berlin.
- Will be able to identify, stand up to, and appropriately intervene in bullying issues among students
- Become able to train other teachers and students at their institutions to stand against bullying and to create an environment that is bullying-free.

Who should attend?

School Administrators and Secondary School Teachers (Grade V-Grade X)

Dates

15 October 2022 (Saturday)
17 - 20 October 2022 (Monday - Thursday)
26 - 31 December 2022 (Monday - Saturday)

Timings

12:00 noon - 1:00 pm
3:00 pm - 5:00 pm
1:00 pm - 5:00 pm

Medium of instructions

English (Bilingual if needed)

Course Fee

PKR 35,000

Venue

Online training through Zoom at Teachers' Resource Centre (TRC)

Facilitators

Ms. Sohni Zahid Siddiqui

Sohni Zahid Siddiqui completed her M.Sc at Karachi University and M.Phil in Educational Sciences at Iqra University Karachi. Throughout her professional career of over 20 years, she has taught and trained students from Pakistan, U.A.E., and U.K. at all levels, from kindergarten to working professionals. In addition, she is an author and external reviewer for a number of national and international educational journals and is serving at present as an external researcher, pursuing her doctoral studies at the Technical University of Berlin and developing antibullying interventions for teachers' professional training.

Prof. Dr. Anja Schultze-Krumbholz

Under the supervision of Prof. Dr. Anja Schultze Krumbholz, the Sohanjana Antibullying Intervention has been developed. She is serving as Deputy Head at the Department of Educational Psychology, Technical University of Berlin. She has been associated with the field of education and psychology for more than 20 years and has supervised many national and international projects. She has authored numerous international publications and reviewed many international journals of repute. Her research into bullying and cyberbullying ranks her among the top 10 researchers in the world.

An overview of the course modules

Module 1: Identification of Bullying and Victimisation Behaviours

- Ensure teachers are aware of the types and concept of bullying and can inform their students
- Inform teachers about the status of bullying, both traditional and cyber in Pakistan
- Assist teachers in recognising bullying children and victims
- Guide teachers in the importance of keeping a bullying incident report

Module 2: Characteristics of Bullying Perpetrators and Motivations behind Antisocial Behaviour

- Support teachers in recognising and identifying the characteristics of bullies
- Create awareness about underlying reasons for aggression
- Help to understand the motivations behind antisocial behaviours

Module 3: Addressing Cyberbullying Issues in Pakistan

- Help teachers identify characteristics of cyber victimisation
- Empower teachers to proactively support pupils in protecting themselves from cyberbullying
- Develop rules of digital citizenship and netiquette

Module 4: Creating Empathy, Sensitisation and Pro-social Bystanders

- Help teachers to identify who are bystanders and how significant their role is in the bullying cycle
- Provide teachers with information about how bystanders can respond to bullying incidents
- Inform teachers how to help students develop empathy and sensitivity towards bullying victimisation

Module 5: The Role of Physical Activities and Sports in Controlling Bullying

- Help teachers combat bullying by teaching children self-control, tolerance, self-management and discipline through sports and physical activities
- Support teachers in identifying and engaging pupils in effective physical activities for controlling antisocial behaviour
- Help teachers to identify non- competitive games and activities to promote prosocial behaviour and team work

Module 6: Emotional Management and Development of Problem-Solving Skills

- Sensitise teachers to stress management and managing emotions among pupils
- Teach them how to help students develop problem-solving skills
- Support teachers to help students to manage their anger, emotions and stress specially in bullying episodes

Module 7: Zero Tolerance Policy and Creating a Conducive Learning Environment

- Sensitise teachers / administrators to the severity of the bullying issue
- Help teachers to implement a zero-tolerance policy
- Get knowledge about the appropriate amount of punishment and where to use it

Module 8: Reaction to Bullying Incidents- Counselling and Effective Communication

- Develop basic counselling and communication skills of teachers
- Support teachers in motivating the perpetrator to engage in healthy activities
- Inform teachers on how to help victimised children cope with trauma and stand up to bullying

Schedule of the course

Component	Duration	Tentative Date	Mode
Orientation, Introduction and Pre-Test	1 hour	15 October 2022	Online
Module 1: Session 1	2 hours	17 October 2022	Online
Module 1: Session 2	2 hours	18 October 2022	Online
Module 2: Session 1	2 hours	19 October 2022	Online
Module 2: Session 2	2 hours	20 October 2022	Online
Teachers will observe bullying incidents and record them on given manuals, and share their experiences with facilitators online until the end of December 2022			
Module 3	4 hours	26 December 2022	Online
Module 4	4 hours	27 December 2022	Online
Module 5	4 hours	28 December 2022	Online
Module 6	4 hours	29 December 2022	Online
Module 7	4 hours	30 December 2022	Online
Module 8	4 hours	31 December 2022	Online

<p>Pre-data Collection Questions for the Pre-Test (Forms will be provided and the teacher will fill out the form and ask the students to fill it out, as well).</p>	<p>During the first week after the course, before implementing antibullying strategies in their institutions. Data will be submitted online to the facilitator.</p>
<p>Antibullying interventions in institutions Teachers will share their learning and apply strategies to control bullying in their institution. Teacher will prepare and compile records, pictures, video for their final presentation for evaluation.</p>	<p>From January till March 2023</p>
<p>Peer Trainings Names of high status peers (students from senior classes) who are interested in receiving training and helping educators implement these antibullying strategies will be provided to the facilitators. An online course and certificate will be provided to them as part of the training.</p>	<p>Dates will be announced once list will be finalised (tentatively from mid of January to mid of February 2023).</p>
<p>Post Data Collection Questions for the Post-Test (Forms will be provided and the teacher will fill out the form and ask the students to fill it out, as well).</p>	<p>1st week of April 2023. This data will be submitted to the facilitator online.</p>
<p>Presentation of Teachers Teachers will present their experiences online through power point presentations. Facilitators will talk with every teacher for 20 minutes about their journey over the past three months.</p>	<p>From 15th to 20th April 2023. Every teacher will be allotted a time slot for presentation.</p>
<p>Award of Certificate</p>	<p>Last week of April 2023</p>

Teachers' Resource Centre

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