

PREVENTING AND RESPONDING TO BULLYING AND CYBERBULLYING:

COMPREHENSIVE TRAINING FOR EDUCATIONAL PROFESSIONALS

For teachers and educational staff at all levels (primary, middle school, high school)

Equip yourself to detect, prevent, and effectively respond to school bullying and cyberbullying

Duration : 6 hours	Modules : 5 modules
Lessons : 20 lessons	Audience : Teachers and educational staff at all levels
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

This comprehensive 6-hour training provides educational professionals with essential tools to understand, prevent, and respond to school bullying and cyberbullying. Participants will gain in-depth knowledge of bullying mechanisms, learn to identify warning signs in students, and master concrete intervention protocols. The training covers all aspects from detection to support for victims, management of perpetrators, and family engagement. By the end, each participant will have a clear action framework and immediately applicable protocols for their institution.

Module summary

MODULE 1	Understanding school bullying — definitions and mechanisms	4 lessons
MODULE 2	Spotting — warning signs and classroom observation	4 lessons
MODULE 3	Preventing — building a protective school environment	4 lessons
MODULE 4	Act — intervention protocols in response to a declared situation	4 lessons
MODULE 5	Cyberbullying — specific interventions and digital education	4 lessons

Learning objectives

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- Master the definitions, criteria, and mechanisms of school bullying and cyberbullying
- Identify warning signs in students and observe classroom group dynamics effectively
- Implement preventive strategies to build a protective school environment
- Apply appropriate intervention protocols when responding to reported bullying situations
- Support victims, manage perpetrators, and engage families with appropriate methods
- Document and respond to cyberbullying situations using legal and educational frameworks

General information

Duration	6 hours
Target audience	Teachers and educational staff at all levels (primary, middle school, high school)
Prerequisites	None
Price	On quote – VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi – Certificate of completion

Organization

DYNSEO – Activity registration number: 11757351875

MODULE 1**Understanding school bullying — definitions and mechanisms**

4 lessons

Lesson 1 - Lesson 1 - What is school bullying? Definition and criteria

- The three fundamental criteria: repetition, intentionality, power imbalance
- Different forms: verbal, physical, social, relational, and psychological harassment
- Distinguishing harassment from one-time conflict or bad relationships
- Legal framework and reporting obligations of educational staff

Lesson 2 - Lesson 2 - The actors of harassment — victim, perpetrator, witnesses

- Victim's profile: vulnerability factors and risky situations
- Perpetrator's profile: individual motivations and group dynamics
- Key role of witnesses: passive accomplices or potential protectors
- Classroom group dynamics that enable or inhibit bullying

Lesson 3 - Lesson 3 - Cyberbullying — Specificities and New Forms

- Specific characteristics: content permanence, expanded audience, anonymity
- Digital forms: malicious messages, degrading posts, fake profiles, group exclusion
- Why cyberbullying is more difficult to detect and stop
- Understanding adolescents' digital habits for better intervention

Lesson 4 - Lesson 4 - Reality of the phenomenon and preconceived notions

- National and international data on school bullying prevalence
- Short and long-term consequences: academic, psychological, and social
- Common misconceptions that hinder effective adult action
- Understanding why victims remain silent: shame, fear, distrust

MODULE 2**Spotting — warning signs and classroom observation**

4 lessons

Lesson 1 - Lesson 1 - Identify the signals in the victimized student

- Behavioral signals: isolation, absenteeism, declining results, irritability
- Physical signals: repeated stomach aches, fatigue, unexplained crying
- Digital signals: nervousness around phone, sudden social media break
- Differentiating discreet students from those in silent suffering

Lesson 2 - Lesson 2 - Observe the dynamics of the class group

- Collective indicators: interaction patterns and exclusion from group activities
- Observing during class, recess, and transition times without being intrusive
- Identifying risky moments: room changes, hallways, cafeteria, free time
- Cross-referencing observations among colleagues for consistency

Lesson 3 - Lesson 3 - Gathering the student's voice — how and when

- Creating conditions for confidence: confidentiality, non-judgmental listening, availability
- Appropriate and inappropriate questions during initial interviews
- Managing situations where students minimize, deny, or protect perpetrators
- Note-taking and traceability of internal reports

Lesson 4 - Lesson 4 - Frequent detection errors and their consequences

- Confusing harassment with ordinary conflict and its costly consequences
- Trivializing signals as normal adolescent behavior
- Relying solely on social appearances while inner suffering persists
- Waiting passively for victims to come forward without creating favorable conditions

MODULE 3**Preventing — building a protective school environment**

4 lessons

Lesson 1 - Lesson 1 - The role of the teacher in daily prevention

- Establishing a classroom framework based on respect and cooperation from day one
- Implementing rituals that strengthen cohesion and reduce exclusion dynamics
- Addressing bullying in teachings without dramatization

- Encouraging positive interactions: tutoring, collaborative projects, rewarding roles

Lesson 2 - Lesson 2 - Recognized collective prevention approaches

- Peer approach: training student mediators and anti-bullying ambassadors
- Shared concern method (Pikas approach): principles and implementation
- Group-class awareness sessions: objectives, formats, key points
- Available educational resources for classroom work on bullying

Lesson 3 - Lesson 3 - Working with families upstream

- Informing parents about bullying at key moments in the school year
- Building family-school partnerships based on trust and transparency
- Discussing digital technology with parents without blame or alarm
- Sharing awareness tools to extend prevention efforts to families

Lesson 4 - Lesson 4 - The culture of establishment as a lever for sustainable prevention

- Integrating harassment prevention into school projects and internal regulations
- Training the entire educational team for collective consistency
- Creating student voice spaces: suggestion boxes, peer mediation, listening sessions
- Regularly evaluating and adjusting preventive actions

MODULE 4

Act — intervention protocols in response to a declared situation

4 lessons

Lesson 1 - Lesson 1 - The first 48 hours — what to do immediately

- Taking the situation seriously: appropriate posture and words from first report
- Informing management and relevant personnel: who, when, and how
- Securing the victim immediately: location change, surveillance, designated contact
- Avoiding direct confrontations during initial investigation phase

Lesson 2 - Lesson 2 - Accompanying the victim — support and follow-up over time

- Support interview: listen, validate suffering, reassure realistically
- Connecting with competent professionals: psychologist, nurse, doctor
- Monitoring situation evolution: contact frequency, well-being indicators
- Preparing return to class after absence or withdrawal

Lesson 3 - Lesson 3 - Manage the author — without impunity or systematic exclusion

- Author interviews: aiming for awareness and repair, not just punishment
- Applying shared concern approach to students involved as authors
- Involving perpetrator's parents: conducting fair and firm interviews
- Educational and disciplinary measures: scaling responses with team coherence

Lesson 4 - Lesson 4 - Working with the class group after a bullying situation

- Restoring safety and cohesion for all students including witnesses
- Group rebuilding activities: talking circles, cooperative activities, joint projects
- Preventing recidivism and targeting change within the same class
- Assessing classroom climate evolution at one and three months post-intervention

MODULE 5

Cyberbullying — specific interventions and digital education

4 lessons

Lesson 1 - Lesson 1 - Documenting and reporting cyberbullying

- Collecting digital evidence: timestamped screenshots, relevant platforms
- Available reporting procedures: official platforms, police services
- Legal framework applicable to cyberbullying in the institution's country
- Institution's role responding to content published outside school hours

Lesson 2 - Lesson 2 - Media Education and Digital Citizenship

- Integrating digital education: online reputation, digital footprints, rights and responsibilities
- Educational resources for addressing these topics with students
- Facilitating age-appropriate cyberbullying awareness workshops
- Using simulations and role-playing to understand mechanisms without reproducing violence

Lesson 3 - Lesson 3 - The DYNSEO tools to support students with emotional difficulties

- COCO: cognitive and emotional activities for vulnerable primary students
- Alternative communication tools for students who don't verbalize distress
- Practical sheets for emotional regulation in class or individual support
- Integrating tools into personalized support plans for distressed students

Lesson 4 - Lesson 4 - Assessment, self-evaluation, and personal action plan

- Knowledge validation quiz: identifying situations and choosing intervention protocols
- Reflective feedback: concrete changes to implement starting tomorrow
- Building personal action plan: 3 priority actions for your institution
- Additional resources: helplines, associations, specialized local training

Teaching methods

- E-learning format accessible 24/7 on dedicated platform
- Interactive content with videos, case studies, and practical exercises
- Knowledge assessment quizzes at the end of each module
- Downloadable practical tools and intervention protocol templates
- Certificate of completion upon successful training validation
- Access to additional resources and support materials post-training