MUDI Program for Teachers

This handbook serves as a guide for the MUDI (MultiDIsciplinary Design of Parent and Teacher Training to Prevent Peer Bullying) program, an Erasmus+ funded initiative designed to equip teachers with knowledge, skills, and strategies to prevent and address bullying in schools. Developed by an international consortium of educators, psychologists, and researchers, this evidence-based program takes a multidisciplinary approach to creating safer, more inclusive school environments where students feel protected and supported.

The MUDI Project Overview

European Collaboration

MUDI is coordinated by Istitutodi Istruzione Superiore Einstein De Lorenzo (Italy), with partner organizations from Turkey, Macedonia, Poland, Romania, the Netherlands, and France.

Project Activities

The project encompasses research and data collection, training program development, workshops, educational materials creation, and awareness campaigns to combat bullying.

Funding

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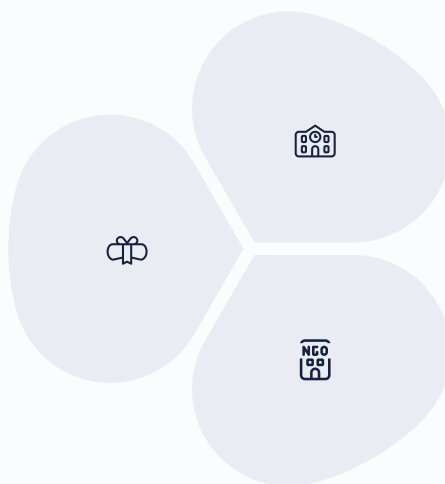
The project brings together schools, universities, and social organizations working collaboratively to develop structured educational programs that foster awareness, improve communication, and provide practical intervention strategies against bullying.

Contributors and Acknowledgments

This program was designed under the coordination and supervision of **lect. univ. dr. Claudia Iuliana Iacob & lect. univ. dr. Ruxandra Folostina** from the University of Bucharest, Romania.

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Program Focus and Approach

Classroom Management

Practical tools to establish positive discipline strategies and foster a safe classroom environment.

Teacher-Student Relationships

Strengthening communication and emotional accessibility to build trust and encourage open discussions.

Intervention Strategies

Training to identify, respond to, and prevent bullying incidents, ensuring early intervention and support.

How to Use the Handbook

This handbook can be used individually by teachers seeking to deepen their understanding of bullying, in professional development workshops facilitated by school administrators, or as part of a whole-school anti-bullying initiative where staff collaborate to implement strategies.

Training Structure

Sessions can be held in schools, training centers, or online, led by school psychologists or trained professionals, with ideal groups of 8-20 teachers.

Session Format

Each session should last 90 minutes to 2 hours, allowing for discussions, scenario-based exercises, and reflection.

Facilitation Tips

Encourage active participation, create a safe space for sharing, incorporate role-playing activities, provide resources, and follow up after sessions.

Training Schedule and Time Allocation

Module	Suggested Duration
Module 1: Understanding bullying in schools	1 session (2 hours)
Module 2: Developmental characteristics of adolescents and identifying bullying behaviors	2 sessions (4 hours)
Module 3: School-wide policies and national anti-bullying frameworks	1 session (2 hours)
Module 4: Classroom management and positive school climate	2 sessions (4 hours)
Module 5: Social and Emotional Learning (SEL) and creative methods	2 sessions (4 hours)
Module 6: The KiVa Method in bullying prevention	1 session (2 hours)
Module 7: Intervention strategies for teachers	1 session (2 hours)
Module 8: Peer support systems	2 sessions (4 hours)
Module 9: Addressing cyberbullying in schools	1 session (2 hours)
Module 10: Supporting victims of bullying and building resilience	1 session (2 hours)
Module 11: Sample workshops on anti-bullying activities	1 session (2 hours)
Module 12: Evaluation and monitoring	1 session (2 hours)

The total recommended duration is approximately 12 weeks, with weekly or bi-weekly sessions. This schedule allows for comprehensive coverage of all modules while providing flexibility for schools to adapt the training to their specific needs and constraints.

Short summary of modules

Understanding Bullying

Module 1 introduces different types of bullying—physical, verbal, relational, and cyberbullying—and their impact on students. Teachers learn about the prevalence of bullying, the roles of bullies, victims, and bystanders, and common myths and misconceptions.

Adolescent Development

Module 2 explores how adolescent psychological, emotional, and social development relates to bullying behavior. Teachers learn to differentiate between normal peer conflicts and bullying, and understand the influence of gender stereotypes.

Policies & Frameworks

Module 3 covers national and international anti-bullying policies, legal responsibilities of teachers, and strategies for developing school-wide anti-bullying policies, introducing the Whole School Approach.

Classroom Management

Module 4 provides strategies to foster positive teacher-student relationships, set clear classroom rules, promote SEL, use effective seating arrangements, and implement early intervention techniques.

Module 5: Social and Emotional Learning (SEL)

This module focuses on developing empathy, communication, and conflict-resolution skills through SEL-based lesson plans, role-playing activities, and using literature and storytelling to encourage discussion about bullying.

Module 6: The KiVa Method

Teachers learn about this research-based anti-bullying method developed in Finland, including how to implement KiVa classroom lessons focused on preventing bullying and teacher-led interventions when bullying occurs.

Module 7: Intervention Strategies

This module provides a step-by-step approach to intervention, including recognizing warning signs, using de-escalation techniques, applying restorative justice practices, and working with counselors and parents.

Module 8: Peer Support Systems

Teachers learn to establish student-led anti-bullying committees, train peer mentors and mediators, encourage bystander intervention strategies, and develop inclusive classroom activities that promote respect and empathy.

Addressing Cyberbullying

Module 9 helps teachers understand cyberbullying dynamics and warning signs, educate students on responsible digital behavior, implement school policies for online safety, and support students who experience online harassment.

Supporting Victims & Building Resilience

Module 10 provides guidance on identifying at-risk students, offering emotional and psychological support to bullied students, teaching resilience-building techniques, and developing a support network within the school.

Module 11: Sample Workshops on Anti-Bullying Activities

This practical module offers ready-to-use workshops and activities to engage students in bullying prevention. Teachers learn to facilitate interactive group discussions, organize role-playing exercises, lead anti-bullying awareness campaigns, and implement cooperative learning projects that promote peer support.

These hands-on activities provide teachers with concrete tools they can immediately implement in their classrooms, making the abstract concepts of bullying prevention tangible for students.

Module 12: Evaluation and Monitoring

The final module guides teachers in setting measurable goals for reducing bullying incidents, conducting regular student and teacher surveys to assess progress, implementing a reporting system to track bullying cases, and using evaluation results to improve school-wide anti-bullying policies.

This systematic approach to evaluation ensures that anti-bullying efforts are not just implemented but also assessed for effectiveness and continuously improved.