

# 1. Introduction



**Co-funded by  
the European Union**



# The MUDI Project Overview

The MUDI (MultiDIsciplinary Design of Parent and Teacher Training to Prevent Peer Bullying) Erasmus + project is designed to equip parents with the knowledge, skills, and strategies necessary to help prevent and address bullying in schools. Bullying remains a significant issue affecting children's well-being, academic success, and social development. This training program provides an evidence-based, structured approach to empowering parents to recognize, intervene in, and prevent bullying behaviors.

MUDI is an Erasmus+ funded project that brings together a consortium of schools, universities, and social organizations from multiple European countries, working collaboratively to develop a structured educational program for parents and teachers. By fostering awareness, improving communication, and providing practical intervention strategies, MUDI aims to create a safer, more inclusive school environment where students feel protected and supported.

# MUDI Program Goals

The primary goal of the MUDI program is to reduce peer bullying in schools by addressing its root causes and equipping parents and educators with effective intervention strategies. To achieve this, the program focuses on:



## **Understanding the causes of bullying**

Identifying key social, psychological, and environmental factors that contribute to bullying behaviors.



## **Strengthening parental engagement**

Providing parents with tools to foster better communication, emotional accessibility, and positive discipline.



## **Supporting teachers and school staff**

Enhancing their capacity to recognize, prevent, and respond to bullying incidents.



## **Encouraging student participation**

Empowering children to become active in preventing bullying, promoting empathy and respect among peers.



## **Developing a sustainable anti-bullying framework**

Establishing policies and practices that schools can integrate into their long-term educational strategies.

# MUDI Project Activities

The MUDI project consists of several interconnected activities, designed to build an effective training program for parents and teachers. These include:

## **Research and data collection**

Conducting studies to identify the most common bullying patterns and the main obstacles to intervention.

## **Training program development**

Designing a structured educational program, incorporating psychological insights, case studies, and hands-on exercises, **for teachers and for parents.**

## **Workshops and training sessions**

Organizing in-person and online sessions to equip parents and teachers with practical strategies.

## **Creation of educational materials**

Developing guides, digital resources, and interactive content for easy learning.

## **Awareness campaigns**

Promoting anti-bullying initiatives at local, national, and European levels to encourage a widespread impact.

# MUDI Project Partners

The MUDI project is **coordinated by Istituti di Istruzione Superiore Einstein De Lorenzo (Potenza, Italy)**, with the support of the following partner organisations:

- Naile Mehmet Ali Uyanık Anadolu Lisesi (Turkey)
- 'Sv.Kliment Ohridski' High School (Macedonia)
- Cumhuriyet Anadolu Lisesi (Turkey)
- Zespoł Szkół Ogólnokształcących nr 5 IV Liceum Ogólnokształcące z Oddziałami Mistrzostwa Sportowego im. Marynarzy (Poland)
- University of Bucharest (Romania)
- Stichting USED Amsterdam Social Enterprise Agency (The Netherlands)
- Association D'Entrepreneuriat Social (France)

# The MUDI Program for Parents

## 1.2. The MUDI program for parents

Developed by an international team of educators, psychologists, and researchers, the program takes a comprehensive approach to understanding the factors contributing to bullying and the role of parents in fostering a supportive home environment. It covers a range of topics, including the developmental needs of adolescents, emotional accessibility, family dynamics, gender roles, and bullying prevention strategies.

By participating in this training, parents will gain practical tools to strengthen communication with their children, promote healthy social interactions, and create a safe, emotionally supportive home environment that discourages bullying behaviors. The training program takes a structured, step-by-step approach, equipping parents with real-life strategies to support their children in navigating social challenges.

# How to Use the Handbook

This handbook is designed as a practical guide that parents can use individually or in group training sessions organized by schools, counselors or NGOs to enhance the parents' understanding of bullying and develop proactive strategies.



# Recommendations for Parents

Here are some recommendations for making the most of this program, if you are a parent:



## **Follow the modules in order**

Each module builds upon the previous one, gradually deepening the knowledge of bullying, emotional development, and prevention strategies.



## **Reflect on discussion questions**

Many lessons include reflection questions to help parents relate the material to their own experiences.



## **Engage in group discussions**

If possible, discuss the topics with other parents, teachers, or community members to share insights and learn from different perspectives.



## **Apply strategies at home**

Each module provides practical tips and real-life examples that parents can immediately implement with their children.



## **Use activities and exercises**

Hands-on activities help reinforce learning and encourage engagement between parents and their children. Implement the suggested activities in relation to your teen.



## **Seek additional support when needed**

If you identify bullying behaviors in your child (as a victim, perpetrator, or bystander), reach out to school counselors, psychologists, or support groups.

This handbook is not just informational—it is an interactive tool to help parents actively engage in their child's emotional and social development.

# Group Training Recommendations

Here are recommendations for implementing group training sessions based on the MUDI handbook:

## Organizing the sessions

**Organizing the sessions:** Sessions can be conducted in schools, community centers, or online to accommodate more parents. Trained school counselors, psychologists, or teachers can guide discussions, ensuring a supportive and structured learning environment. Ideal group size is 8-15 parents to encourage active participation. If the sessions will have a predominant psychoeducational component, more parents can be included in the group. Each session should last 90 minutes to 2 hours, allowing enough time for discussions and exercises.



# Module Durations

The complete MUDI program consists of the following modules with their respective durations:

Module	Suggested duration
Module 1: Understanding bullying and developmental needs of adolescents	2 sessions (4 hours)
Module 2: The importance of emotional accessibility and stable family dynamics	2 sessions (4 hours)
Module 3: The role of gender in bullying	1 session (2 hours)
Module 4: Effective communication and social-emotional learning (SEL) for parents	2 sessions (4 hours)
Module 5: Setting boundaries and promoting positive discipline at home	2 sessions (4 hours)
Module 6: Building resilience and self-confidence in teenagers	1 session (2 hours)
Module 7: Cyberbullying and online safety	2 sessions (4 hours)
Module 8: Collaboration with schools, communities, and national anti-bullying frameworks	2 sessions (4 hours)
Module 9: When your child is a victim of bullying	1 session (2 hours)
Module 10: When your child is the bully	1 session (2 hours)
Module 11: When your child is a bystander	1 session (2 hours)
Module 12: Monitoring and evaluating progress	1 session (2 hours)

This comprehensive curriculum ensures parents gain the knowledge and skills needed to support their adolescents in preventing and addressing bullying behaviors.

# Facilitator Guidelines

To ensure a successful training experience, facilitators should:



## **Encourage active participation**

Use discussion prompts and real-life scenarios to engage parents.



## **Create a safe space**

Let parents feel comfortable sharing experiences without judgment.



## **Incorporate role-playing activities**

Practice intervention strategies to make learning interactive.



## **Provide handouts and resources**

Offer summaries, worksheets, and action plans for parents to apply at home.



## **Follow up after sessions**

Encourage parents to track progress and share updates in a group setting.

