



PreMedBullying Training: Building Skills to Prevent Bullying

The PreMedBullying Residential Training Programme took place from 19 to 22 October 2025 in Miranda do Corvo, Portugal, bringing together 23 educators and parents from Greece, Italy, Croatia, and Spain for an intensive three-day learning experience. The training focused on participatory action research and life skills, aiming to equip participants with practical tools to prevent bullying and promote inclusive school environments.

Through a design thinking approach, participants explored the causes of bullying, co-created school-based solutions, and developed concrete action plans. The programme combined experiential learning, teamwork, and reflection, helping participants strengthen empathy, collaboration, and perspective-taking. By exchanging ideas and good practices, they enhanced their ability to support safer and more inclusive school communities in their countries.

Focus Groups: Insights from Schools and Families

Between September 2025 and January 2026, focus groups with 42 teachers and parents in Greece, Croatia, and Spain showed that bullying in primary schools is complex and under-recognised, with psychological and relational forms (e.g. exclusion, ridicule, verbal aggression) most common, alongside concerns about cyberbullying linked to early, unsupervised digital device use.

Participants highlighted challenges in early detection and reporting due to fear, stigma, lack of trust, and unclear procedures, as well as gaps in training, frameworks, and access to support (e.g. school psychologists). Weak school-family communication and inconsistent responses were key barriers. Overall, findings stress the need for a proactive, whole-school approach, strengthening collaboration, promoting life skills and empathy, and building a shared culture of respect and safety.



PreMedBullying Project Overview

PreMedBullying is a three-year Erasmus+ project that supports primary schools across the Mediterranean in preventing bullying and cyberbullying by promoting safe, inclusive, and positive learning environments. It empowers school communities through life skills education, collaborative strategies, participatory research, training, and digital tools, bringing together teachers, pupils, parents, and professionals to build a shared culture of empathy, citizenship, and wellbeing.

Lesson Plans in Action: From Design to Classroom Implementation

The PreMedBullying lesson plans are currently being piloted in 7 schools in Spain and Greece, targeting primary students aged 10–11. The programme combines social and emotional learning with participatory activities, helping students understand bullying, recognise its forms, and develop practical response strategies.

Through role-playing, group work, and collaborative tasks, students identify safe and unsafe situations, map “safe spaces,” and learn to act as “upstanders”. Their learning is supported by tools such as the Self-Reflection Journal, encouraging daily reflection and personal responsibility.

Following a whole-school approach, the activities also involve teachers, families, and the wider school community, enabling students to co-create shared rules and actions that promote a safer and more inclusive school environment.



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