

# HeartGuard: Empowering Youth Against Bullying

Small KA2

2023-3-LU01-KA210-YOU-000184260-  
Erasmus+ programme

# Partners

- ▶ Partner organisation details
- ▶ Legal name **En Root**
- ▶ Country **France**
- ▶ Region Bretagne
- ▶ City Dinan
- ▶ Website <https://www.facebook.com/enroot.dinan>

## OBJECTIVES

1. By the end of the 18-month project, we will raise awareness on bullying and its impact among at least 120 young people through art, drama methods, and workshops.
2. Successfully train 16 youth workers in conducting Emotional Intelligence Workshops focused on Bullying Prevention, ensuring that at least 80% of them demonstrate enhanced competence in teaching these skills for bullying prevention in their interactions with youth.
3. Through youth worker-led workshops, increase emotional intelligence of a minimum of 120 young people, resulting in a measurable 20% reduction in self-reported bullying incidents.

# Participants

The main target are 16 youth workers (8 per partner) with the following profile:

- ▶ -varied experience - from up to 1 year to 7 years
- ▶ - age group - 20-46 years old
- ▶ - educational background in youth work related fields such as: pedagogy, psychology, counselling, social work, teaching etc.
- ▶ - members of partner NGOs

Secondary target group:

- ▶ Young people (60 per partner)
- ▶ - Age: 13-16, school students.
- ▶ - Half face cultural and economic challenges, making them more vulnerable to bullying.
- ▶ - Limited knowledge on bullying prevention and low emotional intelligence.
- ▶ - However, they are curious, eager to learn, and want to connect with peers.

The project was created in collaborate with our youth workers who will be one of the main beneficiaries. Since some time they've been observing the worrying tendency of beneficiaries being bullied and having difficulties in managing and expressing emotions. We, as youth workers developed our emotional intelligence but unfortunately we don't have much experience in supporting youth to do it.

# Activities of the project

## 1. Work Package 1: Project Management Activities

01/02/2024- 31/07/2025

Kick-off Meeting:

- Duration: 3 days of meeting + 1 travel day.
- **Dates: 8-11.03.2-24**
- Attendees: Core team members, 6 people.
- Objective: To align the team on project goals, timelines, and responsibilities.

# Activities of the project

## 2. Work Package 2: Raise Awareness and Enhance Understanding

01/03/2024- 31/08/2024

### 1. Project Promotion and Participant Attraction

**Objective:** Create awareness about the project and enlist participants.

**Method:** Conducting promotional actions at schools, social media presence and promotion of the project

### 2. Opening Events: “Bullying through the Eyes of Youth” (Luxemburg, France)

**Objective:** Officially introduce the project to the community and stimulate interest.

**Activities:**

- a. Presentation of the project goals, scope, and expected outcomes.
- b. Encouraging local submissions of artwork to show personal experiences and perceptions of bullying.

# Activities of the project

## 2. Work Package 2: Raise Awareness and Enhance Understanding

### 3. Drama Scenarios Development:

Objective: Develop relatable and impactful drama scenarios to portray real-life bullying situations.

Activities:

- a.: choice of the most expressive and relevant submissions.
- b Creating engaging and reflective drama scripts based on selected artworks and shared experiences.
- c. Finalization of scenarios with inputs from stakeholders and youth workers
- d. Designing a virtual platform to display selected artworks.

### 4. Invitations for Workshops:

Objective: Encourage active participation in workshops from youth

### 5. Awareness Workshops for Youth:

Objective: To educate and empower youth about recognizing and addressing bullying.

Activities:

- a. Youth workers facilitate sessions aimed at raising bullying awareness.
- b. Role Play Implementation: Execution of developed drama scenarios to simulate and analyze bullying incidents.
- c. Feedback Collection and Workshop Evaluation: Assessing the effectiveness and impact of the workshops through participant feedback.

# Activities of the project

## 3. Work Package 3: Emotional Intelligence Skills as a Prevention Method

### 1. Curriculum Development for Training Kit

#### Objective:

Develop a comprehensive curriculum focusing on Daniel Goleman's five elements of Emotional Intelligence, tailored for young people.

#### Method:

- Identify key concepts and learning objectives
- Develop engaging and interactive learning materials and activities
- Review and refine the curriculum

### 2. International Meeting to Finalise the Training Kit

#### Objective:

To finalize and revise the developed curriculum with the overall objectives and make it suitable to slightly different target groups.

### 3. Curriculum Development for Youth Workers Training

#### Objective:

To develop a specialized curriculum focusing on implementing NFE methods for training youth workers.

#### Method:

- Identify specific needs and learning objectives for youth workers.
- Develop suitable learning materials and activities focusing on NFE methods.
- Review and refine the curriculum



# Activities of the project

## 3. Work Package 3: Emotional Intelligence Skills as a Prevention Method

### 14. Youth Workers National Training (October 2024)

#### Objective:

To equip youth workers with the necessary skills and knowledge for effectively implementing the developed curriculum.

### 5. Training Kit Pilot Workshops with Youth (4 months)

#### Objective:

To assess and refine the effectiveness and impact of the newly developed training kit through implementation in pilot workshops.

#### Method:

- Execute pilot workshops with active participation from young people.
- Collect feedback and observe interactions to assess the impact of the curriculum.
- Refine the curriculum based on the learnings and feedback

### 6. Feedback Sessions, Supervisions, and Mentoring

- regular feedback sessions with youth workers and young people
- Provide supervision
- mentoring support to address challenges and facilitate learning and development

# Activities of the project

## 4. Work Package 4: Closing & Follow-up Activities)01/03/2025-31/07/2025

### Activity 1: Improving the Training Kit and Awareness Toolkit

**Result:** Enhanced and finalized Training Kit and Awareness Toolkit that are more effective, relevant, and user-friendly, facilitating improved future interventions. Final design in a pleasant to the eye digital format.

### Activity 2: Closing Event

**Result:** Increased public awareness about the project's achievements, enriched knowledge among stakeholders, and

promotion of the project's mission and values.

- feedback from attendees

### Activity 3: International Evaluation and Closing Meeting of the Core Team

**Result:** Clear and concise documentation of the project's achievements, challenges, learnings, and recommendations for future initiatives.

### Activity 4: Final Evaluation of the Entire Project

**Result:** Comprehensive final evaluation report detailing the project's outcomes, impacts, learnings, and recommendations.

### Activity 5: Preparing Brochure

**Result:** An accessible and informative min. 15 pages brochure that effectively communicates the project's story, achievements, and learnings, serving as a valuable resource for stakeholders and the wider public. providing our training resources. We expect min. 200 downloads.

### Activity 6: Dissemination Events Online and Offline

**Result:** Enhanced online visibility and accessibility of project results, resources, and learnings, reaching a diverse and global audience. Increased awareness and knowledge about the project among local communities and stakeholders, fostering community engagement and support for the project's objectives and values.

# Results

## 1. Curriculum Development for EI Training Kit + 2. International Meeting to Finalise the EI Training Kit

### Result:

A well-structured and effective 12 hours workshops curriculum using NFE aimed at enhancing the understanding and application of Emotional Intelligence among young people. It will be revised and prepared by experienced trainers and aligned with the project's goals and is ready for implementation.

## 3. Curriculum Development for Youth Workers Training

### Result:

An effective and specialized 4 days curriculum to introduce youth workers to Training Kit methods and how to work with them applying in youth work.

## 4. Youth Workers National Trainings (October 2024)

### Result:

Skilled and knowledgeable youth workers capable of implementing the EI Training Kit and facilitating impactful learning experiences for the youth.

## 5. Training Kit Pilot Workshops with Youth (4 months)

### Result:

An improved and optimized training kit, validated by real-world application and feedback, ready for wider implementation. Increased emotional intelligence of a minimum of 120 young people, resulting in a reduction in self-reported bullying incidents.

## 6. Feedback Sessions, Supervisions, and Mentoring

Result: Effective and continuously improving implementation of the curriculum, leading to enriched learning experiences and enhanced emotional intelligence among young people.