**Minutes of Portugal Mobility**

**TITLE: CYBERBULLYING IN EVERYDAY LIFE**

**18TH -22TH March 2019**

The first day, Monday, 18/03/2019, began with a welcome meeting at EB da Cova da Piedade where songs were sung, followed by a school visit. Some safety instructions were given and the identification collars were distributed by all partners. Then we went to the school library where an ice-breaking was held, so that everyone felt included, and a small power-point about “Games of the Future" was shown. This power-point was presented by the Portuguese student Eros Monteiro, 10 years old, who later sent an invitation to all the groups created. They all went to the school playground for learning and playing together traditional games, provided by the Association of Collectivities of the Municipality of Almada. The outdoor games have been designed for increasing inclusion of diversity in a group and break the invisible distances between participant students. In the afternoon a "Keep my virtual school safe" workshop was held. With the help of teacher Bernardete Teixeira the students were challenged to create a virtual school idea using different materials, in mixed groups.

The second day, Tuesday, 19/03/2019, began in the auditorium of Emídio Navarro School where the theme "My Facebook Experience" was discussed with the support of teacher Sofia Reis. Using Focus Group methodology and power-point presentations, children learned how to use Facebook social media correctly. Later we had the presentation of Workshop 2: "From Playground to the cloud." This presentation was organized by the teachers Margarida Pinho and Ana Rita, who showed the playground as a laboratory where we can analyze and prevent disruptive behavior.In this workshop some materials were used to help the participation of all the students, including the shy ones. In the afternoon there was an experiential learning of Almada streets, where visual signs of bullying were observed. The students took pictures and shared their ideas and opinions about the subject.

On the third day, Wednesday, 20/03/2019, we visited the Municipal Library of Almada: Forum Romeu Correia. In this place was proposed to all students a research work on the theme "Real vs virtual". Using the methodology of young researchers a work was done in small groups, in different places of the Library to discover material for the organization of a sketchbook. In the afternoon we went to Casa da Cerca in Almada, an art-related place where students were invited to explore and register good ideas in a collaborative narrative book about art and virtual reality. It was very gratifying to feel the interest shown by most of the children, looking for information about the location and the exposures observed.

On the fourth day, Thursday, 21/03/2019, we started with a presentation on "TED conferences about cyber bullying - 2 minutes for you". This presentation was followed by the Psychologist Patrícia Gouveia, a member of our Parents Association who has been researching about Bullying and cyber bullying among children. Using the methodology of group work she explored the student-teacher relationship, talked about different kinds of bullying and cyberbullying and in the end, a work was carried out by all the countries involved in this mobility, to be presented in TED format conference (2 minutes to share ideas). In the afternoon there was an experiential learning of Lisboa streets, where visual signs of bullying were observed and compared with Almada signs (comparative analyze). The students took pictures and shared their ideas and opinions about the subject.

On the fifth day, Friday, 22/03/2019, we celebrated a cultural day of diversity, making friendship bracelets with the letters of the countries and the national flags. Children used their imagination, shared knowledge and cultural differences. Afterwards each country started to work on the electronic Flash Photo Hunting Country Journey, which will be shared on the Project web page. In order to complete this mobility, an electronic quiz was filled out by each participant and a small closing ceremony was held, beautiful farewell songs were sung, souvenirs and diplomas of participation were distributed to all.

We believe that this week was very rewarding for all the participants, because everyone got involved and the educational community of Almada city was always present. Although all students and teachers were involved in all activities, a group of ten Portuguese students, from the 4th year of schooling, were selected to follow and participate in all the activities developed in this special week. The learning activities were integrated in school regular timetable in the morning time and in the afternoon, as extracurricular. Teachers, parents, director, students, teacher’s assistants were a central elements in all the program mobility and the local community was used as a support.

The methodology used was based on cooperation and interaction, an active and participative one, combining: learning games, workshops, documentary work in library, focus-group, learning by discovering, TED conference format, and intercultural event. It was used cooperation, collaboration, working in intercultural teams, active and participative strategies in order to involve all guest and hosts in the activities.

The participation in this mobility brought benefits to all involved. At individual level, students learned experience in a multicultural context, they shared ideas between different visions of the world and better understanding of the virtual identity. Students gained more confidence in their abilities and life plans, renewed their life plan in sense of positive development, made new friends and learned about maturity in a funny way. They also developed life skills and new senses of digital citizenship, improvised the level of communication in English language, tolerance to the diversity and a positive controlling of emotional response in a community. They exercised an integrative coexistence in a diversity community, about how to identify the common aspects which link different people; they learned more about the other nation life style, culture, national symbols, values and educational opportunities. In the end, the participants will be emotionally stronger, more confident, active and engaged in school life and development. For the students aged up to 13 years old the learning effort and competences will be certificated/ recognized by Euro-pass Mobility Documents which will be requested and prepared by project coordinators. At organization level-learning activities will enhance the trust in school power, respect for education, for teachers, school staff and community, engagement with school and motivation. These will increase probability of positive, adaptive and healthy outcomes in conditions of risk and adversity. The students can develop European/international networks and make the school more visible in community, more inclusive and international.

With this experience in Portugal we hope there will be decreasing division and isolation created by classed based on age, improving capacity to detect and manage virtual risks and dangers at school and daily life, critical thinking regarding social media identity and shared announcements, global thinking, public speaking, searching data in a safe way, stimulating positive attitudes in communication and working with different people, enhancing friendship and appreciation of human diversity, including diversity under the same Erasmus Project.

At the end of this Mobility, the following materials will be placed on the web page of the Project: personal sketchbooks, 2 minutes TED format conference, 1 collaborative narrative book about art and virtual reality, friendship bracelets and 6 Flash Photo Country Journey.

At this mobility we have decided as next mobility to the project to be as:

C3\_Italy\_mobility with teacher in the period of 23-27 September 2019;

C4\_Spain\_mobility with students in the period of 18-22 November 2019

List of participants it is an annex to this Minutes and it confirm our presence at Portugal Mobility from 18 to 22 March 2019.

Done by

Agrupamento de Escolas Emídio Navarro/ EB da Cova da Piedade

22.03.2019

Almada, Portugal

Sign

Cristina Peneda

Validated by School Manager

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Sign

Stamp