

M03 - ACDPComp.Risc_SB – project summary

NGO Name	Asociatia Centrul de Dezvoltare Personala si Combatere a Comportamentelor de Risc (Center for Personal Development and Combating Risk Behaviors Association)
Project Title	S.E.E.D. - Sadim Empatie pentru Echitate in Diversitate (S.E.E.D. - Sowing Empathy for Equity in Diversity)
Budget	€15,000
Target Group	159 events organised with 3474 participants (2431 validated; 1893 unique). Validated participants: - 1525 children and 493 parents – beneficiaries of an awareness campaign; - 227 teachers – beneficiaries of training sessions; - 186 experts – beneficiaries of best practices exchange and networking sessions; - 6 school units in rural and urban areas in Alba and Sibiu counties;
Project objectives	Project duration: 9 months (01.03.2025 – 30.11.2025) General Objective: Prevent and combat bullying and cyberbullying among students by developing socio-emotional skills, increasing awareness, and improving the intervention capacities of teachers, school counsellors, parents, and other specialized organizations. Specific Objectives: 1. Improve the socio-emotional skills of students for the prevention and management of bullying, through participation in an awareness campaign and a socio-emotional skills development campaign. 2. Increase the capacity of parents to identify, manage, and support their children in cases of bullying and cyberbullying, through participation in an awareness and counselling campaign. 3. Improve the skills of teachers and school counsellors to prevent and combat bullying and cyberbullying, through participation in training workshops and best practices exchanges, and by providing practical resources developed by specialists.
Project activities & results	- “Respect and empathy” awareness campaign , with 1038 children, through 52 workshops, on respect and empathy, developing communication abilities, common understanding and healthy relationships, supported by 4 psychologists; - “Photo Voice” competition , in which 135 students (not validated) presented works promoting respect and empathy (photos accompanied by an essay), and “Safety Ambassadors” contest for a virtual exhibition of posters promoting respect, empathy, and safety in schools; 20 teachers (not validated) were also involved. Students submitted creative works, using the Photovoice method, through which they promoted respect, empathy and safety in their schools. 90 of them were awarded gift vouchers for the purchase of educational materials and supplies. The winning works were presented in a virtual exhibition, which can be accessed on the project webpage. - “Socio-emotional development” awareness campaign , with 1375 children (487 validated), through 68 sessions. All students attended 3 thematic activities: - the importance of emotions in daily life, - communication types and conflict resolution, - identifying and managing bullying situations. - “Parents for safety” awareness campaign , with 493 parents, through 30 workshops, supported by 4 psychologists, on bullying signs, its effects, and ways parents can intervene and support children; - Online support group “Psycho Kit for Parents” was created, with 250 parents signing up (not validated). - Skills development campaign comprising 4 workshops , 3 hours each, with 91 teachers and 1 dissemination campaign for 51 teachers, on the topics like: - prevention and effective intervention in cases of bullying and cyberbullying; - development of an inclusive school environment; - mediation and conflict management skills; - use of educational resources for emotional support; - 2 workshops with experts , “Experts in actions”, with 148 experts (school counsellors and experts in the School Safety Offices in schools), on topics like: prevention and intervention in bullying situations, collaboration with support organizations and development of a joint action plan to improve cooperation; - 1 Final online conference “Creative Horizons in Education” with 85 teachers and 38 experts on the prevention and managements of the bullying phenomena. The conference included teacher training workshops focused on the bullying prevention and managements, and on relevant legislative aspects; - 9 partnership agreements: - 6 with schools involved in the project; - 2 with the County Centres for Resources and Educational Assistance; - 1 with the Alba County Police Inspectorate – School Safety Office, with the objective of organizing further events to exchange good practices and developing a joint action plan to improve inter-institutional collaboration in preventing and combating bullying;
Publications promotion	- 1 Dedicated webpage with most important materials developed in the project: - 1 Activity guide for teachers PSIHO-KIT “Developing students' socio-emotional skills in preventing and combating bullying”, which includes both theoretical aspects and practical exercises; “The publication provides both relevant theoretical information on the identification, prevention and intervention in bullying and cyberbullying situations, as well as a series of practical activities that can be used by teachers and school counsellors in working with students. The activity guide comprises 58 pages, structured into thematic chapters such as self-esteem, empathy, managing emotions, relationships, cooperation, intervention in bullying situations, building an inclusive school environment and promoting national and European values, each accompanied by detailed practical activities, described with objectives, steps to achieve and methodological recommendations. This approach allows for the harmonious integration of activities into guidance classes, counselling or extracurricular programs, increasing the practical applicability of the publication. The guide represents a unitary, applied resource

	that supports the sustainable transfer of knowledge acquired in workshops and counselling programs. It was distributed to all participating schools, as well as to teachers and counsellors involved in the project.” - 5 Methodological papers for implementing workshops and awareness programs, developed and tested in activities with students, parents and teachers, available on the project website; - 28 students works (texts + photos) made by children within the “Photo-Voice” competition; - Virtual exhibition of posters (winning works) promoting respect, empathy, and safety in schools; - Flyer for parents containing information about the forms of bullying, signs to identify it, intervention methods and recommendations for emotional support for children; - Promotional materials: Roll-up, Project poster, Poster for the final conference; - 2 Press releases published on “Unirea” newspaper and “Stiri ONG” website; - 7 Posts on the Facebook profile of the organisation;
Best of (grantee quote in narrative report)	“First of all, the activities addressed to students, the "Respect and Empathy " campaign and the Socio-Emotional Competence Development Program, are notable for the high degree of participation and the transformations observed in children's behaviours and attitudes. Interactive workshops, practical sessions and the use of methods contributed to the development of empathy, improved communication and strengthened relationships between students.”
Sustainability (grantee quote in narrative report)	“A first sustainable result is the Activity Guide for the Development of Socio-Emotional Competences, which will remain a practical resource for teachers and school counsellors. The activities included can be integrated into guidance classes, counselling programs or educational projects, being easy to replicate and adapt each school year. The second sustainable result is represented by the institutional partnerships consolidated through the collaboration protocols concluded with the school units, CJRAE Alba and Sibiu and the School Safety Office. These collaborations create a stable framework for continuing prevention actions, organizing new workshops and maintaining the exchange of good practices between specialists.”
Children/ participants' involvement feedback (grantee quote in narrative report)	“The participants were actively involved in the activities, contributing with ideas, examples and personal reflections related to real situations encountered in the school environment. The students participated with interest in the guided discussions, proposed solutions for preventing and managing conflicts and identified positive behaviours based on respect and empathy.” “The students brought examples from their daily lives, recounting situations in which they faced intense emotions, conflicts or exclusionary behaviours, and these interventions opened the space for discussions about empathy, respect and safety in relationships between colleagues. In the communication and conflict management exercises, many of them proposed creative and mature solutions, demonstrating that they understand better how to intervene constructively in difficult situations. At the end of the last school year, some students chose to present the project to their parents and they said that it was one of the most beautiful experiences they had during the school year.” “A significant aspect was the desire to continue this type of training: several teachers openly expressed interest in participating in other activities organized within the project and emphasized the need for such workshops to be held at least twice a year in their schools.”