



Erasmus+

<b>DIAGRAM OF DESCRIPTION of preventive action Resilience</b> <i>OPIS działania zapobiegawczego Odporność</i> <b>(the report is to be no longer than 3-4 A4 page)</b> <i>(raport nie powinien być dłuższy niż 3-4 strony A4)</i>	
<b>School, address</b> <i>Adres szkoły</i>	<b>Szkoła Podstawowa nr 11 w Zespole Szkolno-Przedszkolnym nr 11 w Rybniku</b>
<b>Title of the activity</b> <i>Nazwa/tytuł działania</i>	<b>Culture of the word – “Number Eleven” is ready for it.</b>
<b>The goal of the activities</b> <i>Cel działania</i>	<ul style="list-style-type: none"> <li>• <b>The needs of oneself, and another person</b></li> <li>• <b>Acquiring the ability to recognise and name your own feelings</b></li> <li>• <b>Showing other forms of discharging negative emotions</b></li> <li>• <b>Getting to know the constructive ways of dealing with difficult emotions</b></li> <li>• <b>Educating the skills of assertive and empathetic behaviour</b></li> <li>• <b>Building a positive self-image and strengthening self-esteem</b></li> <li>• <b>Awareness of the cause of stress, ways to prevent and mitigate the effects of stress</b></li> <li>• <b>Shaping attitudes free of aggression and violence</b></li> <li>• <b>Transfer of basic messages from verbal and non-verbal communication</b></li> <li>• <b>Developing the ability to establish proper contact with peers</b></li> <li>• <b>Strengthening and expanding positive social interactions</b></li> <li>• <b>A well-mannered person = the right features and appearances</b></li> <li>• <b>Developing sensitivity to the beauty of the mother tongue</b></li> <li>• <b>Promoting cultural behaviour patterns</b></li> <li>• <b>Shaping conflict-solving skills in a cultural way</b></li> <li>• <b>Negotiation skills – correct communication</b></li> </ul>
<b>The main recipient of</b>	<b>The main recipients will be the pupils, as well as the</b>

<p><b>undertaken activities (students, parents, teachers, non-school staff, local community)</b> <i>Główny odbiorca podjętych działań (studenci, rodzice, nauczyciele, personel pozaszkolny, społeczność lokalna)</i></p>	<p>parents and teachers.</p>
<p><b>Description of preventive actions taken (form of the schedule / implementation plan or descriptive)</b> <i>Opis podjętych działań zapobiegawczych (forma harmonogramu / planu wdrożenia lub opisowa)</i></p>	<p><b>List of activities:</b></p> <ul style="list-style-type: none"> <li>• “Emotions and Teenagers” - PowerPoint Presentation - preventive lesson in the seventh grade</li> <li>• “In the world of my values” – a preventive lesson in the seventh grade</li> <li>• “How to effectively solve conflicts” - a preventive lesson in the seventh grade</li> <li>• “Difficulties associated with the period of growing up” - a preventive lesson in the seventh grade</li> <li>• Learning sign language by a seventh-grade student</li> <li>• Reading poetry in the school library</li> <li>• My appearance testifies to me – exhibition of art works</li> <li>• Talks about language culture</li> <li>• Code of proper behaviour</li> <li>• Plebiscite of kindness and dislike</li> <li>• Christmas Market – collection of funds for parcels for students in need</li> <li>• Collection of clothing for OIK</li> <li>• “Threats of the contemporary world” competition</li> <li>• “Free yourself” – a challenge for students of grades 4, a week without video games</li> <li>• Cooperation with the Special Needs School/Preschool Team in Rybnik – developing sensitivity and helping another person</li> <li>• Preventive lessons “Vulgarism in our language” in grades 4-7</li> </ul>
<p><b>Evaluation</b> <i>Ewaluacja</i></p>	<p>The evaluation is planned for May 2018. The tools are, the surveys carried out at the beginning of the program The indicator of success will be a 5% reduction in the use of profanity</p>

<p><b>What are we doing well?</b> <i>Co robimy dobrze?</i></p> <p><b>What we did by implementing preventive actions Resilience ?</b> <i>Co zrobiliśmy, wdrażając działania profilaktyczne Resilience?</i></p>	<ul style="list-style-type: none"> <li>• Level and method of knowledge transfer</li> <li>• Sense of security</li> <li>• Possibility of developing interests</li> </ul>
<p><b>What we are still working on in prevention Resilience?</b> <i>Nad czym wciąż pracujemy w zakresie budowania odporności?</i></p> <p><b>What do we need more?</b> <i>Czego potrzebujemy więcej?</i></p>	<ul style="list-style-type: none"> <li>• Prevention of profanity</li> <li>• Preventing addictions</li> <li>• Establishing the right relationship</li> </ul> <p><b>We will continue to strengthen desirable behaviours and prevent improper behaviours.</b></p> <p><b>We will focus more on developing our own students, on investing in ourselves</b></p>

**The programme was implement in the group of 50 pupils.**