



PREVENTIVE ACTIVITY PLAN Resilience (the plan must not be longer than 3-4 pages of A4 format)	
School, address	Vilnius Adomas Mickevičius Gymnasium Kruopų str. 11, LT- 01140, Vilnius
Title of the preventive activity	Strengthening mutual relations within the community by developing pupil resilience to various risk factors
Aim of the preventive activity	To strive for mutual understanding and cooperation between pupils, teachers and parents when developing the resilience of children to various risk factors
Main recipient of the carried out activities (teachers, parents, pupils, non-school employees, local community)	Teachers, parents and pupils.
Detailed description of the preventive measures	<p><u>Our pilot preventive plan draws attention to the results obtained during research.</u> Most pupils have negative opinions toward all risk factors listed in the questionnaire. Hiding the truth about the experiences of their friends from parents and fitting in with friends at any cost are tolerated the most by pupils (around 16%) or causes doubts among them (16 – 30 %). Pupils note that they receive most support to overcome everyday problems from their parents, their peers and best friends. Significantly less support is provided by teachers. The most important values among pupils: to have or look for a purpose in life, to have friends, to love your family, to realize your hobbies and desires, and to be reliable. Following ethical rules in life is valued the least. They usually notice the following negative factors among their friends: smoking cigarettes, using explicit language, drinking alcohol, smoking e-cigarettes and having learning difficulties related to reluctance to study. Schoolchildren are least satisfied with extracurricular activities and personal functions in school.</p> <p><u>The preventive plan raises the following objectives:</u></p> <ol style="list-style-type: none"> 1. To develop the communication and cooperation skills of pupils. 2. To provide pupils with opportunities to show initiative and realize their ideas. 3. To encourage the sympathy of teachers toward the needs and feelings of pupils.

	<p>4. To cooperate with parents when addressing the relevant issues in class and school life.</p> <p><u>Activities</u></p> <p>We will strive to achieve these objectives by including pupils in the already planned projects and events, such as: "Developing linguistic skills ", Polish writing contest, "Ecology week", "Lodz and Vilnius – multicultural cities", "Different cultures, one identity", events intended for celebrating the birthday of Adomas Mickevicius, events intended to commemorate the 100th anniversary of Lithuania and Poland, etc.</p> <p>In addition, during class meetings, we will also touch topics proposed in the handbook created during the "Resilience" project: difficulties and crises faced by children, mutual support, dangerous relationships, tendency toward intoxication, relationships with the disabled, discrimination, tolerance, aggressive behaviour, bullying, etc.</p> <p>Close cooperation between pupils and teachers, and the inclusion of parents are expected during the preparation of project activities and class meetings.</p> <p>Pupils are encouraged to make plans themselves and, by cooperating with teachers and parents, implement extracurricular events which would reflect their hobbies and interests.</p> <p>Results of the carried out research will be presented to teachers and parents. We hope to achieve a discussion addressing the obtained results.</p> <p>Planned activities with parents using the "What lies within my child?" material of the "Resilience" handbook</p>
<p>Evaluation</p>	<p>Quantitative and qualitative indicators will be used for the evaluation: the number of pupils, teachers and parents in separate events, their comments on the meaningfulness of the events, achieved or unachieved objectives, results and level of satisfaction.</p>
<p>What are we doing right? (strongest current aspects of the preventive activities)</p>	<p>The school has longstanding traditions which help structure school life, provide pupils with the guidelines for values (as shown by the survey results), as well as develop the feeling of unity and a sense of belonging to a community.</p> <p>The school is open to the world and its experience in communicating with other schools, institutions, cities and countries increases with each year. This provides the school community with diverse experience, broadens its horizons, as well as develops the understanding of other people and other cultures, improves cooperation and communication skills, tolerance and the perception of own identity and uniqueness.</p> <p>When speaking about positive prevention, one of the most important aspects is the promotion of constructive and creative behaviour. A lot of attention is paid to the latter, as</p>

	<p>can be seen in the brief presentation of the school's activities provided in this plan.</p> <p>In addition, pupils are continuously informed about various negative aspects, such as aggression, bullying, intoxication, human exploitation and slavery, etc. by showing educational films, inviting lecturers and initiating discussions.</p> <p>As mentioned before, the opinions of pupils on the latter aspects are negative, however it is still important to improve their resilience in order to form the necessary social skills.</p>
<p>Planned continuity of preventive measures</p>	<p>The adaptation of pupils who are new in school and their integration in school life requires particular attention. The school has longstanding traditions of communication and cooperation among pupils of different grades and different age groups. This work form also seems suitable for the integration of new pupils.</p> <p>According to the surveyed pupils, smoking, drinking alcohol and aggressive behaviour can be observed among their peers. Therefore, appropriate intervention and preventive measures are necessary in order to encourage constructive relations among pupils.</p> <p>The goal is to ensure that more and more pupils begin trusting teachers.</p> <p>It is important to strengthen the relationship with the parents of "problematic" pupils, develop their parenting skills and consider their opinions in all areas of pupil education.</p> <p>It is necessary to strengthen mutual cooperation among teachers, their skills regarding discussions and evaluation of the carried out work, as well as their short-term measure planning, implementation and evaluation skills (Action Research Based Approach)</p>