



<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>	Szkoła Podstawowa nr 22 i. Juliusza Słowackiego w Rybniku, 44-270 Rybnik, ul. Boczna 17
<b>Title of the activity</b> <i>Nazwa/tytuł działania</i>	„We are safe”
<b>The goal of the activities</b> <i>Cel działania</i>	<ul style="list-style-type: none"> <li>-Improvement of safety at school and outside the institution</li> <li>-To decrease the amount of violent behaviour</li> <li>-Strengthening of self-esteem in pupils’</li> <li>-To develop empathy</li> </ul>
<b>The main recipient of undertaken activities (students, parents, teachers, non-school staff, local community)</b> <i>Główny odbiorca podjętych działań (studenci, rodzice, nauczyciele, personel pozaszkolny, społeczność lokalna)</i>	Pupils, Parents, Guardians/Tutors
<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>	<ul style="list-style-type: none"> <li>-Integrative activities,</li> <li>-Implementation of the program: „Saper meaning how deal with aggression”</li> <li>Pre-educational and preventive classes regarding:               <ul style="list-style-type: none"> <li>- Interpersonal communications,</li> <li>-Conflict resolution and crisis,</li> <li>-Recognising emotions and naming them,</li> <li>-Shaping safe expression of anger</li> <li>-Shaping the ability to control anger,</li> <li>-Strengthening self-esteem</li> <li>-Assertiveness training</li> <li>-Relaxation classes,</li> <li>-Cooperation with the police (classes conducted by the police as part of the “Safety campaign turns me on throughout year”)</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>-Talents and interests' promotion day,</li> <li>-Cooperation with the Senior's House</li> <li>-Cooperation with parents and legal guardians of pupils</li> </ul>
<b>Evaluation</b> <i>Ewaluacja</i>	<ul style="list-style-type: none"> <li>-Surveys conducted among pupils, parents, legal guardians and teachers</li> <li>- Observation of pupils' behaviour,</li> <li>- Interviews with pupils, parents, guardians, teachers, and non-teaching staff of the school</li> </ul>
<b>What are we doing well?</b> <i>Co robimy dobrze?</i>  <b>What we did by implementing preventive actions Resilience ?</b> <i>Co zrobiliśmy, wdrażając działania profilaktyczne Resilience?</i>	<ul style="list-style-type: none"> <li>-Cooperation with the police as part of preventive and educational activities</li> <li>- Implementation of preventive and educational activities</li> </ul>
<b>What we are still working on in prevention Resilience?</b> <i>Nad czym wciąż pracujemy w zakresie budowania odporności?</i>  <b>What do we need more?</b> <i>Czego potrzebujemy więcej?</i>	<p>We are working on:</p> <ul style="list-style-type: none"> <li>- Enlarging the scope of cooperation with the Senior's House,</li> <li>-Continuations of preventive and educational activities</li> <li>-Increasing the role of volunteering</li> </ul>

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