



## **Taking Action Against Cyberbullying – A Training Manual**

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### **Abstract**

Education faces new challenges, as a result of the increased use of information technology among young people. Cyberbullying, a new form of bullying which involves the use of technological devices, such as e-mail and the Internet, is increasingly regarded as a major problem and a threat for young people health and development. In the context of the EU-funded CyberTraining project, partners from Germany, Ireland, Spain, Portugal, UK, Switzerland, Norway and Bulgaria have developed a training manual on cyberbullying for trainers. This manual is intended to help mainly professionals involved in training young people, parents, and school staff, by providing them with clear guidance, knowledge and resources.

The Taking action against cyberbullying training manual, which is available in form of an eBook in English, Portuguese, Spanish, German and Bulgarian (at <http://www.cybertraining-project.org>), was built based on a multi-level research process, that involved a needs assessment conducted with trainers across partner countries and also a qualitative questioning process that aimed at structuring experts' views on the cyberbullying problem. In this paper, after summarising the main findings of research conducted with trainers and experts, we describe the manual structure and content.

The eBook consists of seven modules that can be used in a flexible way, according to the specificity of the training target group. The first four modules offer a general introduction into training skills and strategies, ICT and Internet safety, cyberbullying, and European approaches tackling cyberbullying. Further chapters provide guidelines, practical tips and advice for trainers who work with parents, schools, and young people.

The cybertraining manual is being adapted as a main resource in the EU-funded project CyberTraining-4-Parents, currently under development, that aims to provide face-to-face, as well as moderated and self-directed online courses on cyberbullying for parents. This paper also offers a short overview of this project.