

Abstract

Promoting actions to improve the well-being of children and youth is a shared responsibility that must be promoted by the public authorities, the educational community, families and the children and adolescents themselves. To this effect, responding to bullying from a perspective of child's rights requires collaborative work to move towards the sustainable development goals of the 2030 agenda that guarantee a violence-free childhood.

Introduction

PDA Bullying and SEER teams are a part of the social fabric in Barcelona city, carrying out educational programs, trainings, counselling and assistance to socio-educational institutions, contributing to the improvement of their pedagogy for coexistence, collaborating in the active response to cases and ultimately encouraging the shifting of social policies addressed to improving the wellbeing of children and youth.

Tackling the issues present from the level of direct social action to the level of developing social policies, is made possible through our contribution in this network together with the interwoven collaboration of all the different agents of the social fabric, who all play an essential role in creating a comprehensive response to violence in educational settings.

Our social action is based on the evidence provided by scientific research, thus adjusting to the contents of the social reality and current needs in the field of bullying and cyberbullying.

The network boasts a general consensus that orients the design of the comprehensive programs¹ using the framework of socio-emotional development, including the revision of the concepts of **provention** (application resources that promote well-being and development of life-strategies from their own potentials), **awareness-raising** (making risk situations such as violence or other vulnerability factors visible and applying resources that aid awareness) and **observation** (resources for continuous preventive detection in which well-being and relationships are observed, as well as the functioning of communication channels to receive alerts).

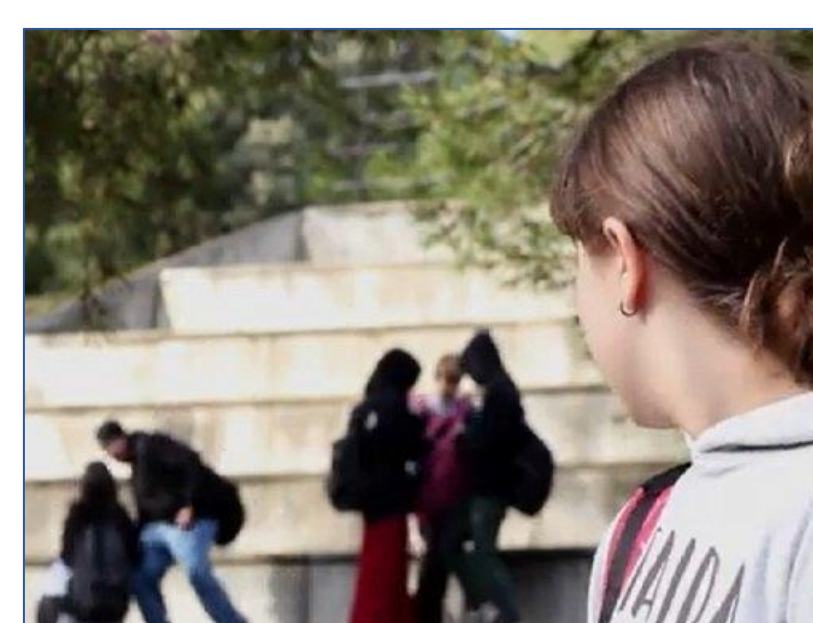


Figure 1. ComViure Program in educational settings



Figure 2. Network meetings and group work.

Methods and Materials

PDA Bullying and SEER implement the **ComViure program**² in collaboration with Barcelona City Council, seeking to integrate sensitizing proposals through programs that respond to the development of personal competencies of the student body as a protective factor of wellbeing.

Through this program, PDA-SEER strategy achieves quality pedagogical objectives that include specific actions for prevention and detection as well as contributing to the "**certification of good practices**"³ in the response to bullying and cyberbullying carried out by institutions in the network.

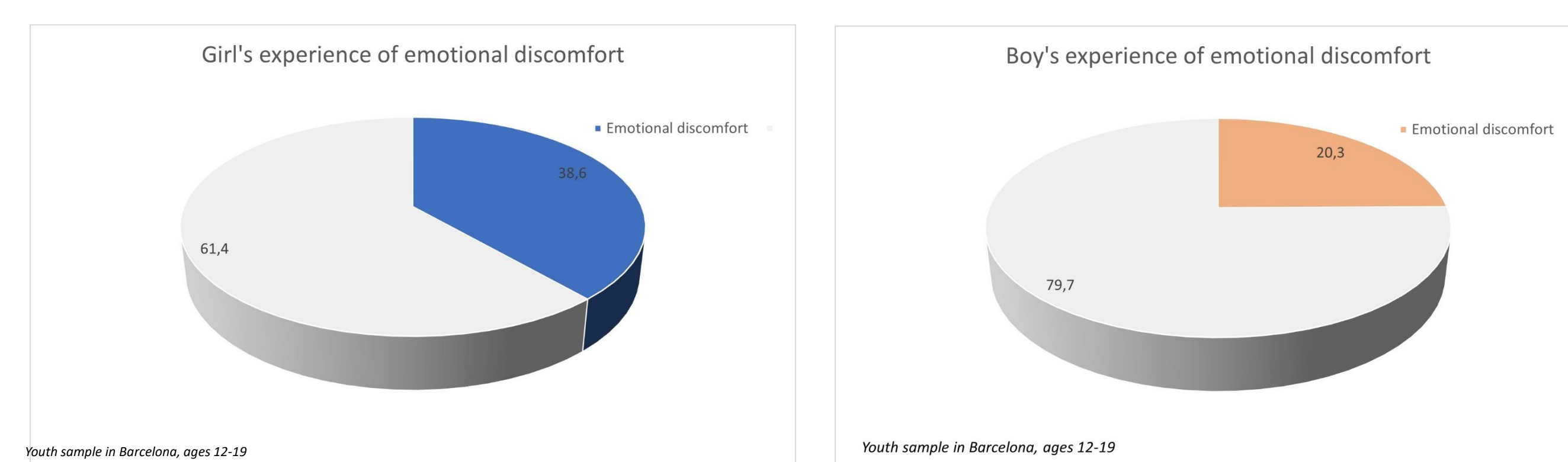
The research that supports the data and design of programs like ComViure is carried out by specialised institutions of the network that are connected to the social fabric, and the results of which allow to implement programs like these with a precise response to current needs as well as directly influencing the update and improvement of social policies, which in turn allow more funding to be destined to the social organisations that work directly in the field.

Results

The latest statistical data from various studies carried out in the city of Barcelona such as the Subjective Well-Being Survey of Children in Barcelona 2021 (EBSIB - Institute of Childhood and Adolescence in Barcelona)⁴, the Barcelona Health Survey 2021 (ESB 2021)⁵ and the Survey of Risk Factors in Secondary School Students 2021 (FRESC 2021)⁶, allow to identify the margins of improvement in the well-being of children, the negative impacts of improvement in the well-being of children, the negative impacts of certain living conditions on their well-being and to identify significant experiences in their lives that favour their well-being.

Together, these investigations are the basis for understanding the needs when designing preventive programs like ComViure, making it a comprehensive socio-educational program that impacts on all social, educational and political levels related to child welfare.

Table 1. Survey of Risk Factors in Secondary School Students 2021 (FRESC 2021)



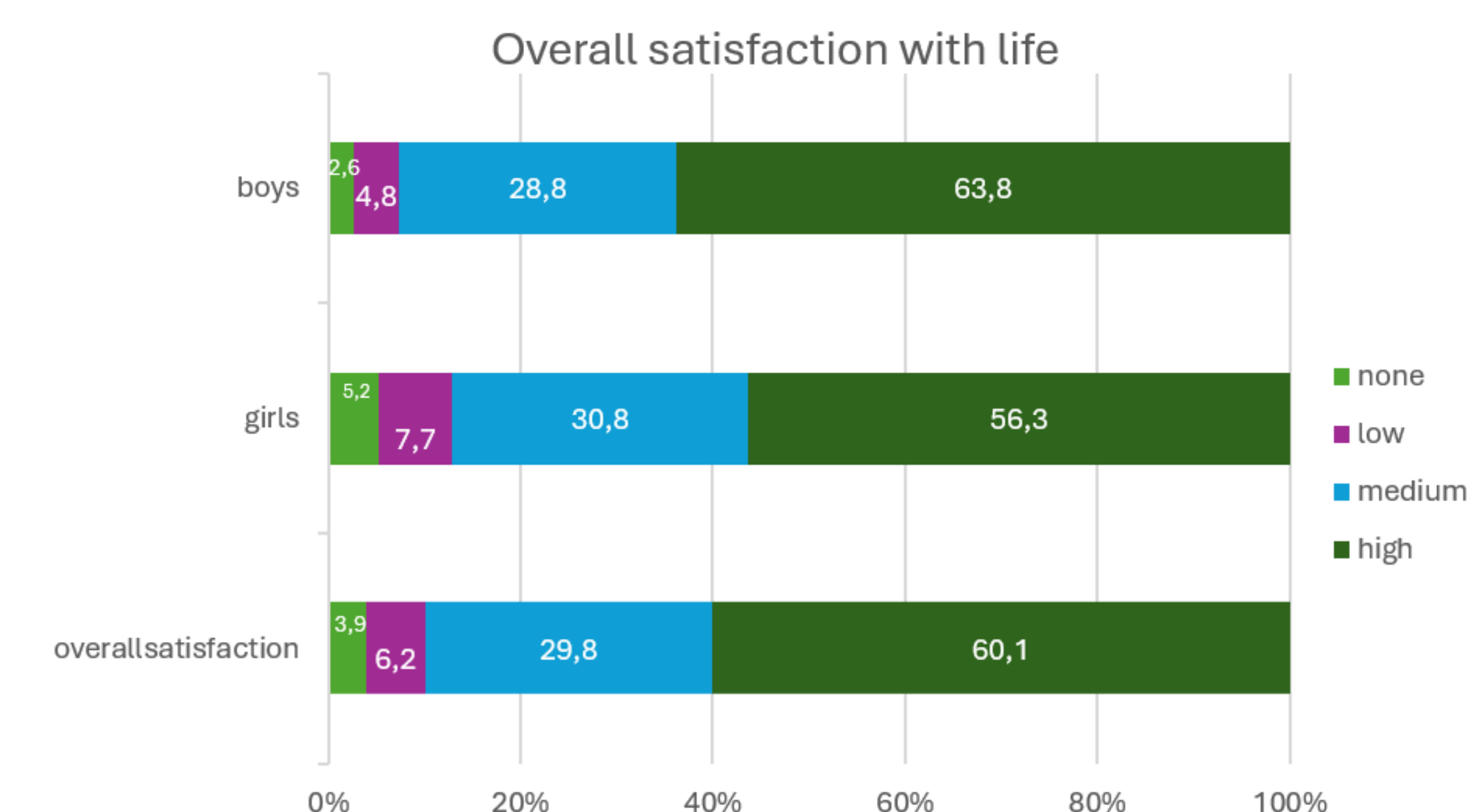
Discussion

In the experience of the ComViure program, the comprehensive approach to tackling bullying and cyberbullying has proved successful through the close collaboration of all the agents of the network, in turn considered as potential assets for boosting child and adolescent well-being initiatives.

For programs like these to work, there needs to be a cohesive social fabric and a network of institutions that work aligned towards this goal. Our partnership with different social organisations allowed access to crucial research, which has then been applied in the design of programs that directly impact the wellbeing policies and initiatives.

From classroom to institution, the entire social machinery is activated to rethink and redesign actions and policies that are in line with the latest data. This community approach proves to be the most effective way to respond the current challenges in overcoming bullying and cyberbullying in educational contexts.

Table 2. Subjective Well-Being Survey of Children in Barcelona 2021 (EBSIB - Institute of Childhood and Adolescence in Barcelona)



Conclusions

A comprehensive bullying approach program requires a full circuit of collaboration that goes from validated scientific based studies on child welfare, to the design and implementation of comprehensive programs that respond to the specific reality of bullying and cyberbullying in the social fabric of each territory. This process of program co-creation, implementation and certification of good practices within the network essentially contributes to impacting on a political level aligning the data and experiences with the development of policies that provide for positive change in the promotion of well-being and coexistence.

Contact

Ariadna Troya Solé
Plataforma PDA Bullying
Barcelona, Spain
plataforma@pdabullying.com
+0034-693304011



References

- Salut i Educació Emocional SEER (2021). Program for the comprehensive approach to Bullying. PDA Bullying Platform. <https://pdabullying.com/es/resource/programa-pda-bullying-seer>
- PDA Bullying Platform, Cinemocional, Ajuntament de Barcelona & Salut i Educació Emocional SEER (2022). ComViure program. <https://pdabullying.com/es/news/encuentros-comviure-aps-curso-2021-2022>
- Ortégón, RA, Julià, O, Torrella, L (2018). A proposal of good practices to overcome bullying. Journal Scopes of Psychopedagogy, 49. <https://pdabullying.com/uploads/2019/04/Programa-PDA-BULLYING-una-propuesta-de-buenas-practicas-para-superar-el-acoso-escolar.pdf>
- EBSIB - Institute of Childhood and Adolescence in Barcelona (2021). Subjective Well-Being Survey of Children in Barcelona 2021. <https://institutinfancia.cat/mediateca/primeres-dades-lenquesta-benestar-subjectiu-infancia-barcelona/>
- ASPB - Agència de Salut Pública de Barcelona (2021). Barcelona Health Survey 2021. <https://www.aspb.cat/es/noticies/encuesta-salud-barcelona-2021/>
- ASPB - Agència de Salut Pública de Barcelona (2021). Survey of Risk Factors in Secondary School Students 2021 (FRESC 2021). <https://www.aspb.cat/es/areas/salud-cifras/encuesta-fresc/>