

PP Youth helpers

HUSRB/23S/31/016

Project Summary

The project aims to prevent bullying and violence experienced in everyday life among young people by raising awareness, training, developing a methodological manual and its wide dissemination. All relevant target groups (teachers, parents, youth workers) will be involved in the development process. The recommendations of the completed methodological manual will be tested in small groups among students.

The process consists of several steps, the first step of which is a needs assessment of the target group. Based on the feedback from the target group, a methodology will be developed and refined in two rounds in training of trainers camps. Youth camps will then be implemented, where the best mentors of the training of trainers camps will pass on the developed methodology to young people.

The final output of the project will be a methodological manual that approaches the phenomenon of bullying from a mental health perspective and includes the specificities of both countries.

The project focuses on:

- basic mental health knowledge, supportive conversation, the importance of peer support
- psychology of school bullying, prevention options
- prevention of online bullying
- non-violent communication
- conflict management
- basic legal knowledge
- self-defense
- child and youth protection: alternative prevention
- sport, prevention

The activities are implemented jointly by the partners across borders. The needs assessment, target group recruitment and the development of methodological materials and manuals are also carried out jointly in order to reflect the specificities of both countries in the results and to be effectively used in everyday work. The result of the project, i.e. the finalized methodological manual, will be published in two languages and distributed in schools, civil organizations and other institutions dealing with youth, to ensure the usability of the results in both countries.

Basic information

Project name: PP Youth helpers

Project abbreviation: PP Y H

Project ID: HUSRB/23S/31/016

Implementation period: 2024.09.01. - 2026.02.28.

Consortium members

- **Dél-alföldi Ifjúsági Életmód és Szabadidő Alapítvány** (Lead partner, HUN)
- **Udruženje za mentalnu higijenu "ANTROPOS"**, (Partner 1., SRB)
- **Udruženje „Juventus Ventus"**, (Partner 2., SRB)