



3^ο Γυμνάσιο Ηρακλείου

Mediation programme for dealing with bullying

at the 3rd Gymnasium of
Heraklion Crete

Mediation is a voluntary programme that takes place in our school every year

This pilot innovative programme started 3 years ago in order to prevent and reduce bullying incidents at school as well as to resolve conflicts in an effective way.

Every year students from our school, mostly from the 9th grade, volunteer to go through some training about mediation.

During this training students learn about what they need to do in case of an argument among other students.

Peer mediation process

In the training students who want to become mediators also learn about different personalities and how they can comfort them.

After the training stage is completed, they get into pairs and go around classes to inform the students that if they ever have a disagreement, an argument or a conflict they have someone in their age to talk about it.

What happens in case a student approaches peer mediators for help and support?

In case of a conflict or bullying incident all students involved have to agree that mediators are the ones to help find the solution to their problem.

Then if they all agree, the process of mediation starts.

Peer mediation steps

Every student has a conversation with the mediators separately, so that they can hear all the sides of the story.

Then mediators ask them what their ideal solution is according to their point of view.

A final common decision is taken only if they all agree, otherwise we try to find an alternative solution.

The last step is to meet again with the students involved in the argument, probably about 3 weeks later so we can see if they have complied with what we have agreed on.

Mediation, where words become
bridges and not walls



An aerial photograph of a beach and ocean. A large, curling wave is breaking on the right side of the frame, creating a white, foamy crest. The water is a deep blue-green color. The beach is sandy and stretches from the top left towards the center. The text is overlaid on the image in a white, bold, sans-serif font.

Ever tried. Ever
failed. No matter.
Try Again. Fail
again. Fail better.

Samuel Beckett



Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.

Το εγκεκριμένο σχέδιο δράσης Erasmus συγχρηματοδοτείται από την Ευρωπαϊκή Ένωση. Το περιεχόμενο της παρουσίασης είναι αποκλειστική ευθύνη του εκπαιδευτικού οργανισμού υλοποίησης του προγράμματος Erasmus και ούτε η Ευρωπαϊκή Επιτροπή ούτε η Εθνική Μονάδα Συντονισμού Erasmus+ IKY είναι υπεύθυνες για τη χρήση που μπορεί να γίνει των πληροφοριών που αναφέρονται.