



Project Aim

Our objective is focused on social-emotional wellbeing, bullying specifically, within our school community.



Bullying is a common phenomenon in schools in our capital city - Amman, and a global challenge for youth. Our aim was to raise awareness to parents, students, and teachers about bullying as a whole through social media and real life interactions, so they will take more consideration when working on stopping it. This aim aligns with SDG 3 - health and well-being



Project Challenges

During our project the team faced a few challenges that were difficult to overcome,

because of Covid- 19 restrictions. Our work was delayed due to going online, we couldn't do field work at scheduled times. This delayed the work process as we were not available on campus for interviews.

Outcome

We created a survey to measure bullying at our school, based on international standards and measures of bullying. This survey was filled out by 137 students from our secondary school. We also held a long interview with a Psychotherapist - Ms. Rasha Salib - who informed us in detail about signs of bullying, how to help reduce bullying and

Team members: Mirelle Samawi, Pierre Topolian, Marah Haddad, Larissa Talhami and Sharif Bakeer

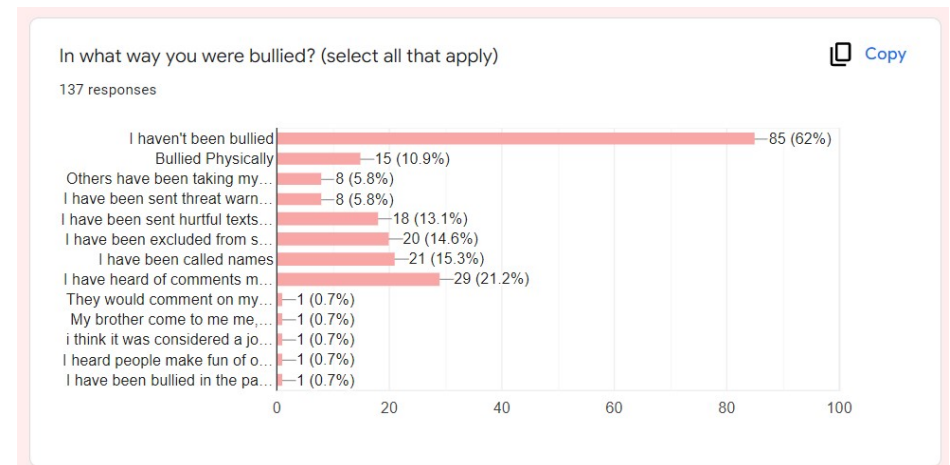
Team's instagram account: <https://www.instagram.com/projectbloom.nos/?hl=en>

targeted some of her discussion with us towards teachers, students and parents. From this interview, we will be launching a series of short clips/videos on our instagram account to increase awareness and support in reducing the challenges faced by bullies, victims and their parents. Additionally, our project was embedded as part of a school wide campaign “One Heart” focusing on emotional well-being of students and the school community, which will ensure that our project is an ongoing project and will continue to impact our school positively much after the submission. On an individual level, each of us was able to reach more people around the school and work on reducing incidents of bullying around our daily areas.

AS part of the school-wide project, we worked with the school administration to create a plan for long-term implementation, to launch a well-being committee as well, in which some of us will be members.

What We learned

Our survey showed us that many people we surround ourselves with have either bullied or been bullied. We never thought that my own school would be so affected by this phenomenon. Our research also taught us how much of a role parents have on a child’s mental and physical health. It was hard to accept that the people who raised you can also be the cause of your issues but eventually we got past it. Lastly, we learned a lot about ourselves and our work methods, the project also helped us understand that working with a team, despite its many challenges, is a great process of growth and self-development. We learned self-management, time-management and collaboration. We always managed to find new ways to get things done, and worked on keeping ourselves calm instead of in panic mode which would lead the group to panic as well. We are leaving this project as a new group and we are proud of it!



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