



EUCPN
EUROPEAN CRIME PREVENTION NETWORK

1. Project title

„Niebieski” („Blue”)

2. Main theme

The "Blue" project covers educational and preventive activities carried out by local institutions and public services. In 2012, a team of specialists from the Psychological and Pedagogical Counseling Center No. 2 in Płock, Poland (including: educator, prophylactic, psychologist, psychotherapist) created a preventive project called "Blue", addressed to children (students) and primary school teachers from the city of Płock on a voluntary basis for accession. Its main goal is prevention related to the prevention of violence among children and youth, as well as domestic violence.

3. Project purpose and outcome (in two sentences)

- The main goals of the project are to raise awareness of what violence (including domestic violence) is and to reduce the level of aggression and violence among students.
- The results of the project, incl. contribute to minimizing the phenomenon of violence. The program had a positive impact on students' awareness of the phenomenon of violence. These issues are described in more detail in points 9 and 12.

4. Project submitter (Member State), project leader(s) and project partner(s)

The "Blue" project is an original project of the Psychological and Pedagogical Counselling Centre No. 2 in Płock (Poland).

As part of the project, a comprehensive approach to the problem of violence was adopted through cooperation and involvement of several institutions:

- Municipal Police Headquarters in Płock,
- Municipal Guard in Płock,
- Municipal Interdisciplinary Team for Counteracting Domestic Violence in Płock.

5. Links to the project's website or online reports/publications (preferably in English)

https://poradniaplock2.pl/?page_id=203

<http://www.poradnia.ugu.pl/aktualnosci/oferta2122.pdf>

<https://mazowiecka.policja.gov.pl/wpl/informacje/aktualnosci/49029,Rozstrzygnięcie-konkursu-pn-Silni-moca-nie-przemoca.html?search=19319108682>

<https://mazowiecka.policja.gov.pl/wpl/informacje/aktualnosci/52676,Kolejni-laureaci-konkursu-pn-Silni-moca-nie-przemoca-nagrodzeni.html?search=19319108682>

<https://mazowiecka.policja.gov.pl/wpl/informacje/aktualnosci/55751,Turniej-pilki-noznej-o-puchar-Komendanta-plockich-policjantow-Finalowy-mecz-siedz.html?search=19319108682>

6. Short summary of the project (**max. 100 words**)

The "Blue" project covers educational and preventive activities carried out by Płock institutions and public services: Psychological and Pedagogical Counselling Centre No. 2 in Płock, Municipal Police Headquarters in Płock, Municipal Guard in Płock and the Municipal Interdisciplinary Team for Counteracting Violence in Płock.

The main goal is prevention related to the prevention of violence among children and youth, as well as domestic violence. Moreover: learning to deal with anger, preventing aggression, strengthening the educational role of school and rebuilding relations between children after the period of remote learning caused by the pandemic. The assumption of the originators of the above-mentioned of the project is to maintain its cyclical nature and extend it with further preventive measures.

About 900 people participate in the project every year.

7. Project description

As part of the "Blue" project, implemented in Płock since 2012, the involved entities undertake numerous educational and preventive activities aimed at counteracting violence among children and young people as well as domestic violence.

The "Blue" project was created as a result of a multifaceted analysis carried out by specialists from the Counselling Centre (psychologists and educators). The initiative to create the project was also a response to signals received from schools in the city of Płock.

At the beginning, the data on the scale of criminal acts, crimes and offenses related to violence by students from schools from the area of Płock were analyzed. Subsequently, the analysis of individual results contributed to the creation of separate prevention programs for students of different age groups. Individual preventive programs have been combined into the main project called "Blue".

The following crime prevention/reduction mechanisms were used e.g.:

- establishing and maintaining normative barriers to committing criminal acts and crimes (e.g. by making students aware of unlawful behavior);
- limiting joining criminal environments and preventing committing criminal acts by eliminating or reducing social and individual causes and processes leading to

crime (including shaping social relations within the group or indicating different ways of dealing with violence);

- deterring potential perpetrators from committing criminal acts by presenting the legal consequences, e.g. by increasing the awareness of legal responsibility for their own actions;

- professional development (training) in the field of violence among students, including domestic violence, addressed to teaching staff, psychologists and school educators.

During the project, the Counselling Centre carried out a number of various activities, including a series of meetings with children and youth at various levels of education as part of the following programs:

- "Shield against violence" - a preventive program of counteracting violence, developed for students of early childhood education (class II/III), conducted in cooperation with the Municipal Police Headquarters in Płock;

- "Fair play" - a preventive program for counteracting violence, developed for 5th class students, run in cooperation with the Municipal Police Headquarters in Płock;

- "Not for violence" - a preventive program for counteracting violence, developed for 7th class students, lead in cooperation with the Municipal Police Headquarters in Płock/Municipal Guard in Płock.

Based on the results of the analysis of surveys conducted among children and youth in the above-mentioned activities, three "Blue" guides for children and youth were developed.

The Counselling Centre also implements/carried out a number of other activities as part of the project, including trainings for teachers of kindergartens, employees of psychological and pedagogical counselling centres in Płock, as well as educators and psychologists; open preventive activities "Holiday Adventure with Safety" (in cooperation with the Municipal Guard in Płock), Football Tournament for schools.

In response to the difficult situation related to the COVID-19 pandemic, a project entitled: "#Strength by force, not by violence" was developed - aimed at counteracting violence and rebuilding positive interpersonal relations between students and teachers. The above action was a continuation of the preventive programs started in the 2020/2021 school year: "Not for violence", "Hide spikes" and "Shield against violence".

8. Project objectives

Main objectives:

1. Raising awareness of what violence is (including domestic violence).
2. Reducing the level of aggression and violence among students.

Detailed objectives:

1. Providing students with knowledge about violence (including domestic violence).
2. Making students aware that certain behaviours are not allowed.
3. Determining what behaviours are considered violence (including domestic violence).

4. Raising awareness of legal responsibility for own actions.
5. Indication of different ways of dealing with violence (including domestic violence).
6. Equipping the student with the ability to ask for help in cases of violence (including domestic violence)
7. Improving the ability to listen to each other.

9. Project outcome

Examples of results achieved under the project "Blue":

- prevention programs: "Shield Against Violence" (every year the program covers at least 15 classes from various schools under the care of Counselling Centre No. 2 in Płock, which gives the number of nearly 400 students per year); "Fair play" (annually the program covers at least 10 classes from different schools under the care of Counselling Centre No. 2, which gives the number of nearly 250 students per year); "Not for violence" (every year the program covers at least 10 classes from different schools under the care of Counselling Centre No. 2, which gives the number of nearly 250 students per year);
- training for teachers of kindergartens, employees of psychological and pedagogical counselling centres in Płock as well as educators and psychologists entitled: "Counteracting domestic violence. Application of the Blue Cards procedure "- a total of 313 people were trained as part of the above cooperation. In the 2020/2021 school year, a pilot and two editions of the #Strength with power, not by violence project took place:
- A total of 179 students, 3 principals, 7 teachers and 3 educators participated in the pilot program.
- Students of fourteen classes of primary schools participated in the first edition: a total of 457 students, 4 school principals, 14 teachers, 3 school educators.
- 555 students, 4 school principals, 26 teachers, 4 school educators and 1 school psychologist participated in the 2nd edition. The results of achieving the goals of the program are described in more detail in point 12 on evaluation.

10. Start and end project, timescales and key milestone dates

The project has been implemented since 1 September 2012.

11. Funding (total budget and type of funding (e.g. ISEC, EUCPN Fund,...))

The project is implemented by the Counselling Centre's employees as part of its preventive activities. Other representatives of cooperating entities also participate in the project on the basis of the performance of official duties.

12. Evaluation

The evaluation of the process is carried out each time during the implementation of individual programs of the "Blue" project. In the first and last class, students fill in questionnaires to evaluate the program. The data obtained from the

analysis of the questionnaires completed by students participating in the "Blue" project confirmed that:

1. The implementation of the program positively influenced the integration of children in the class environment.
2. The implementation of the program broadened the students' knowledge of feelings.
3. The implementation of the program increased and systematized the knowledge of the program participants about the violent behaviour.
4. The implementation of the program strengthened the students' knowledge about constructive ways of releasing emotional tension.

The implemented program had a positive impact on students' awareness of the phenomenon of violence.

Individual programs included in the "Blue" project (internal evaluation) are also subject to evaluation.

The effectiveness of the classes was assessed on the basis of:

- consultations with school educators/class teachers regarding the functioning of students covered by the project,
- consultations with school principals on the functioning of students covered by the project,
- questionnaires for students at the beginning and end of the program,
- comparative analysis of the survey results,
- a plebiscite of effects.

Evaluation data used:

- improvement of programs in terms of the methods of its implementation,
- involving children in the use of multimedia techniques, social media in activities related to the prevention of violence,
- including new services and institutions in the project,
- improvement of the project (extension/consolidation of knowledge, monitoring of the behaviour of children in the project).

The results:

- integration of children and youth - children have the opportunity to undertake joint activities and present themselves in the school forum and beyond;
- children are able to care for relationships in the face of social isolation caused by a pandemic;
- increasing the awareness of children and youth about the phenomenon of violence;
- children are able to assess the threat of violence;
- increasing children's knowledge of constructive ways to release emotional tension;
- children are aware that the use of violence has legal consequences;
- children are able to distinguish violent behaviour from aggressive behaviour;
- children know where to go in case of experienced or observed violence;

- children's knowledge of institutions providing help and law enforcement authorities.

13. Contact details project

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