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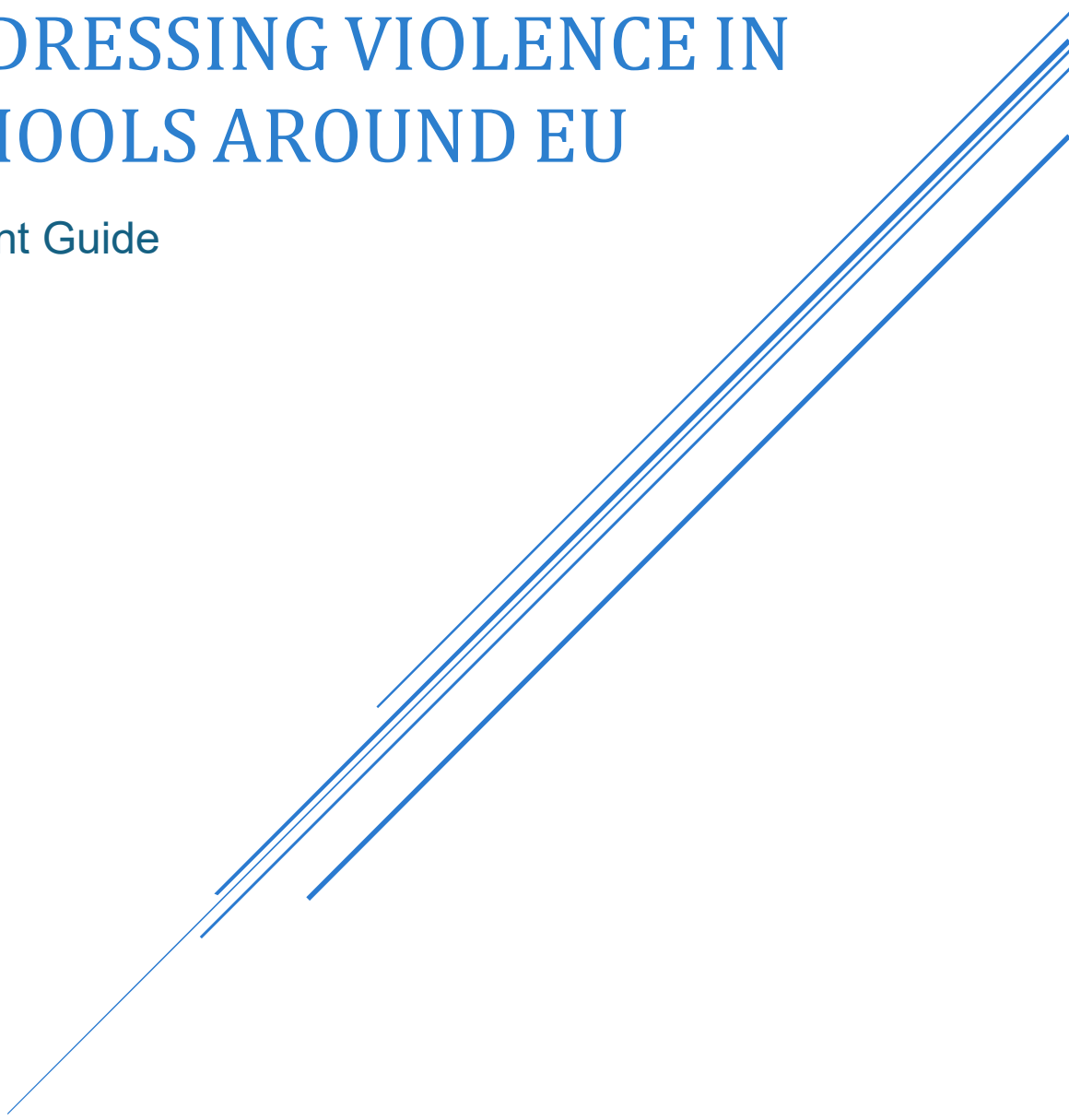
**Międzynarodowa Szkoła Podstawowa
Edukacji Innowacyjnej w Łodzi**



Liceul Tehnologic Ticleni
JUDEȚUL GORJ - ROMANIA

STRENGTHENING ANTI-BULLYING EFFORTS: ADDRESSING VIOLENCE IN SCHOOLS AROUND EU

Student Guide





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About the SABE mission

Welcome to the SABE interactive game! You are about to embark on an important journey to make our schools, communities, and digital spaces safer, friendlier, and more inclusive for everyone.

Bullying and school violence are serious challenges that many students face every day. Whether it happens in the classroom, out in the school corridors, or online through social media, bullying hurts people deeply. But here is the good news: you have the power to make a difference. By understanding why bullying happens and learning how to respond, you can help stop it.

Visit the project's website for more information: <https://www.sabe-anti-bullying.eu/>.

What is the SABE game?

SABE stands for Strengthening Anti-Bullying Efforts. We have turned real-life school situations into an interactive mini-game. Instead of just reading a story or listening to a lecture, this game puts you right in the middle of the action.

As you explore the game, you will meet different characters experiencing different challenges. At key moments, the story will stop, and your choices will determine what happens next. You will experience firsthand how a single word or action can change someone's day, or even their life.

What you will learn

By playing through the six interactive school stories, you will develop powerful skills to help yourself and others:

- **Spot the different types of bullying:** You will learn to identify verbal bullying (like name-calling), physical bullying (like hitting or pushing), social exclusion (leaving people out on purpose), and cyberbullying (online harassment and digital unsafety).
- **Build empathy:** You will step into the shoes of different characters to understand how targets of bullying feel and why emotional support is so important.



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- **Become an “upstander”:** You will learn how to move away from being a passive bystander (someone who sees bullying but does nothing) and become an active upstander (someone who safely takes action to stop bullying and help others).

Why your choices matter

In this game, there are no simple “right” or “wrong” answers, and you won't get a bad grade for making a mistake. The game is a safe space to experiment. You can always go back, try a different path, and see how a new approach changes the situation.

The choices you make in this game reflect the choices you face in real life. Your voice, your empathy, and your actions matter.

Getting started: The landing page

Before you can dive into the stories, you need to know how to access and set up the game platform. This section will guide you through the initial steps on the landing page so you can get ready to play.

Accessing the game

The SABE interactive game is entirely web-based, which means you do not need to download or install any heavy files, applications, or apps onto your device. It runs smoothly on desktop computers, laptops, and mobile phones/tablets.

To begin, click on the following link to open the platform: <https://platform.sabe-anti-bullying.eu/>.



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Registration

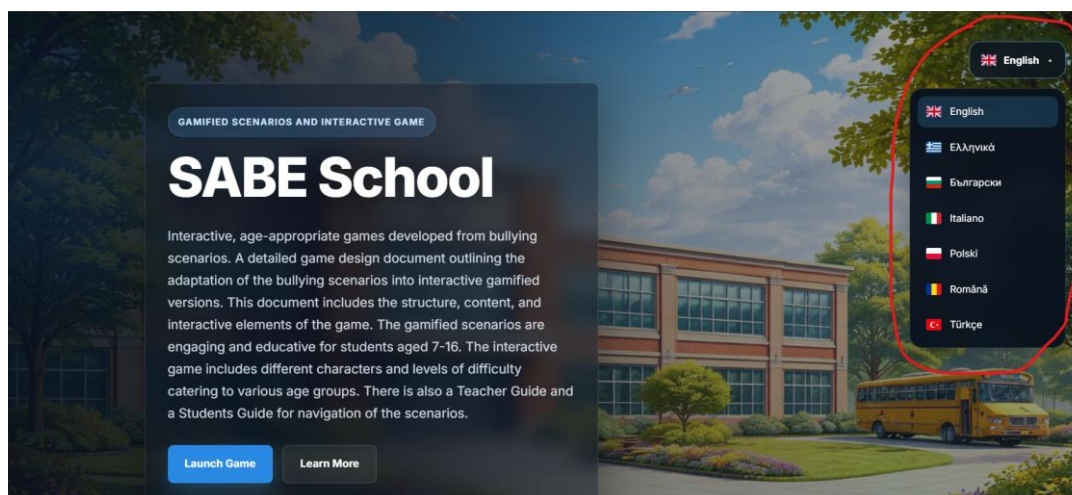
One of the best features of the SABE platform is its privacy-friendly setup:

- **No accounts required:** You do not need to register, create a profile, or make up a password.
- **No personal data collected:** The platform does not ask for your name, email address, or phone number.
- **Instant play:** As soon as the page loads, you are fully authorized to access every single part of the game immediately.

Choosing your language

The game is available in the following languages: English, Bulgarian, Italian, Polish, Greek, Romanian and Turkish.

Look at the top right corner of the screen. You will see a **Language Switcher** dropdown menu. Click on it to select your preferred language. The game interface will instantly translate to match your selection, ensuring you can read and understand every dialogue option perfectly.



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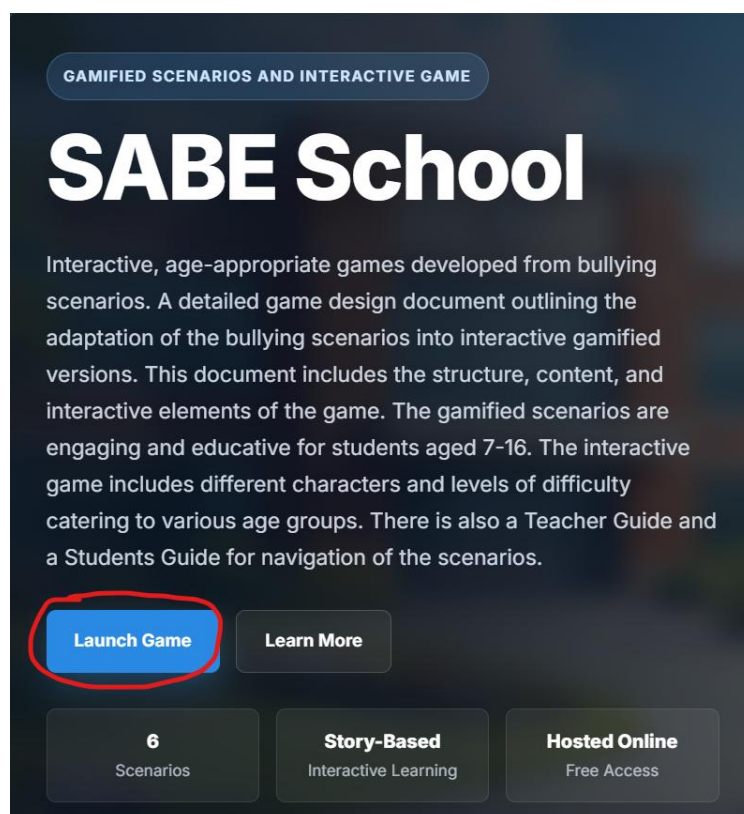
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Exploring the features of the landing page

When the website loads, you will arrive at the main information hub (the landing page). Think of this page as your control center. Here is a breakdown of what you will see as you look at the screen and scroll down:

- **The “Launch Game” button:** This is your primary entry point. Clicking this big, bright button will immediately launch the mini-game environment where the six scenarios are stored.



- **The “Learn More” button:** If you want to learn more about the SABE project, our mission, or the organizations behind the project, clicking this button will give you all the background details.



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GAMIFIED SCENARIOS AND INTERACTIVE GAME

SABE School

Interactive, age-appropriate games developed from bullying scenarios. A detailed game design document outlining the adaptation of the bullying scenarios into interactive gamified versions. This document includes the structure, content, and interactive elements of the game. The gamified scenarios are engaging and educative for students aged 7-16. The interactive game includes different characters and levels of difficulty catering to various age groups. There is also a Teacher Guide and a Students Guide for navigation of the scenarios.

Launch Game

Learn More

6

Scenarios

Story-Based

Interactive Learning

Hosted Online

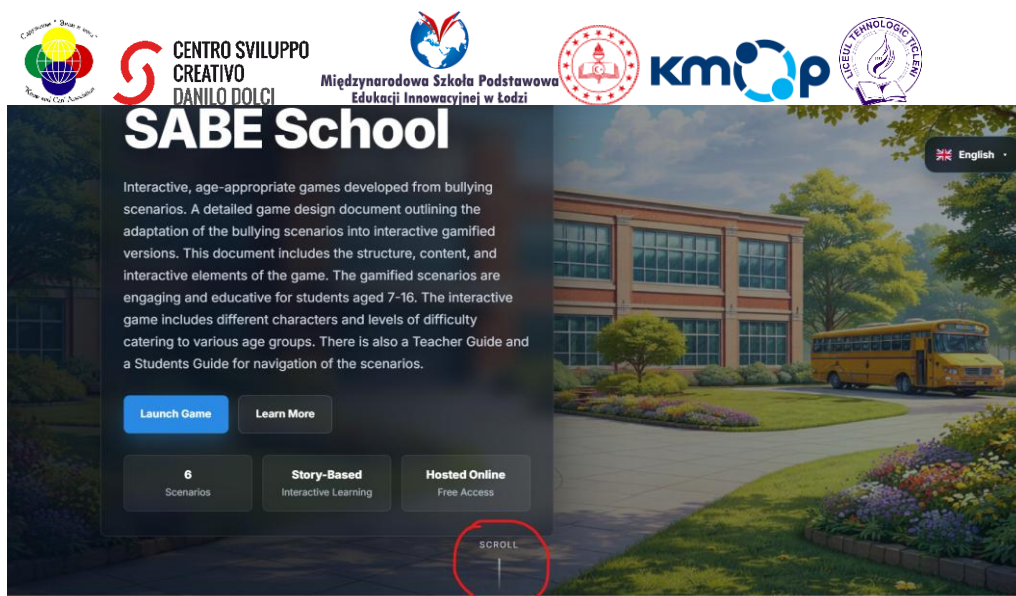
Free Access

- **The Scroll indicator:** A small moving icon or arrow will appear on the screen, prompting you to use your mouse wheel or finger to scroll downward to explore the rest of the page.

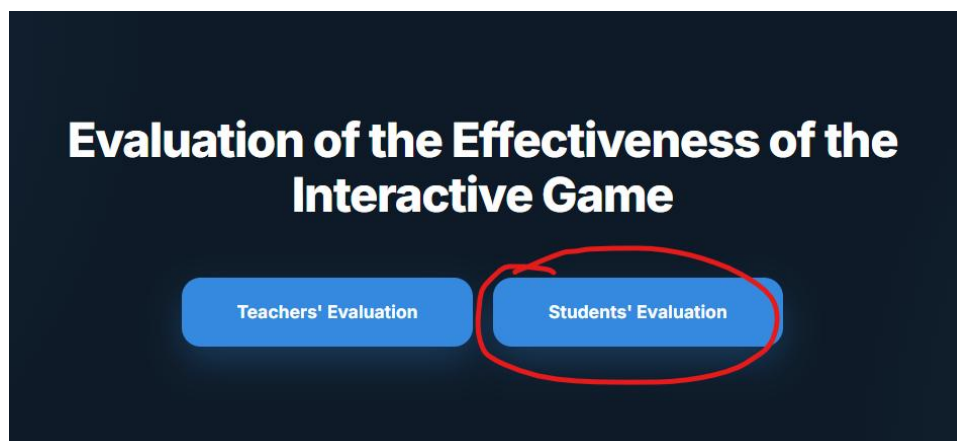


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- The “Students' Evaluation” button: This links directly to your quick feedback form, which you will fill out after completing the game.



- **Partner logos:** At the bottom, you will see the logos of all the partner organizations from different countries involved in the project. If you are curious, you can click on any logo to visit that specific partner's official website.

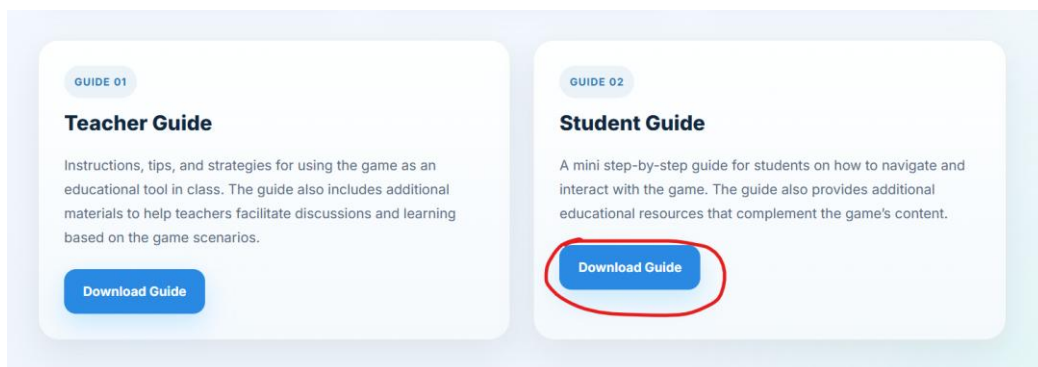


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- **The “Student Guide” section:** Located further down the page, you can download a digital copy of the guide by clicking on the button “Download Guide”.

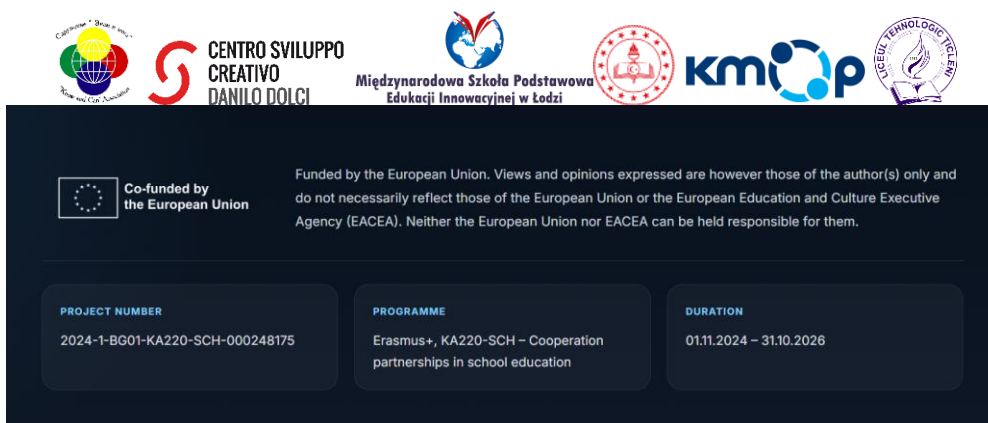


- **Project information (footer):** At the very bottom of the page, you will find the official European Union disclaimer, which shows that this project is funded by the EU Erasmus+ program.



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How to play the game

Now that you have launched the game from the main landing page, it is time to understand the controls, dials, and navigation tools that will help you move through the school and interact with the stories. The interface is designed to be very clean and easy to use, so you can focus entirely on the story and the choices ahead.

Entering the school (Home tab)

When you click the **“Launch Game”** button from the main landing page, the screen will transition into the game environment. You will find yourself on the Home tab:

- To get your journey started, simply click the large **“Explore the stories”** button right in the middle of the screen.
- This button unlocks the doors to the virtual school and takes you directly to the central mission hub.



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The scenario map (main tab)

After clicking the entry button, you will arrive at the main tab. This dashboard serves as your interactive map of the school. On this screen, you will see 6 unique hotspots.



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Each hotspot represents an individual story and a specific bullying situation that needs your help. You can choose to play these stories in any order you like, though we recommend working your way through them sequentially alongside your classmates. To open a story, just click on its corresponding hotspot icon.

Toolbelt controls

While looking at the main tab or playing through a story, keep an eye on the bottom corners of your screen. There are two very helpful features located here:

- **Sound toggle (bottom left corner):** The game features a background music track to keep things engaging. If you find the music distracting while reading, or if your teacher wants everyone to mute their audio during class, look at the bottom left corner of the screen. Click the audio icon to instantly mute or unmute the music.



- **Progress counter (bottom right corner):** To help you track your achievements, a clear counter sits in the bottom right corner of the screen. When you first start, it will read 0/6. Every time you fully complete one of the school stories, this counter will automatically update (for example, changing to 1/6, then 2/6, and so on).



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Moving through a story

Once you select a hotspot and dive into an active scenario, the controls change slightly to help you read and progress through the dialogues:

- **The introductory note:** Clicking on a hotspot first expands the story to show you a quick introductory summary setting up the scene. If you clicked it by mistake, you can choose the “Back” button to return to the school map. If you are ready to proceed, click the “Start” button to launch the interactive story.



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- **Reading dialogue lines:** The stories unfold like a graphic novel or a comic strip, with characters talking to each other. You control the speed of the conversation:
 - **The “Next” button:** Click this button whenever you are done reading the current dialogue line to make the next sentence or action appear on screen.
 - **The “Back” button:** If you accidentally clicked “Next” too fast and missed a sentence, don't worry! You can click the “Back” button to rewind the dialogue by one step and reread it.



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Reflection points & completing scenarios

Playing the SABE interactive game is about more than just moving from the start of a story to the end. It is designed to make you think, discuss, and evaluate how the choices characters make impact everyone involved. This section explains how the game pauses for critical reflection and how your progress is saved and tracked.

Mid-story checkpoints (pause & reflect moments)

As you guide characters through various situations, you will notice that the game does not just let you click through the text endlessly. At crucial decision-making moments, a specific feature will appear on the screen: a teacher character will pop up alongside a prominent question box.



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When this happens, the active story temporarily pauses. This is a mid-scenario checkpoint:

- **What you should do:** Take a moment to read the question in the box carefully. Your teacher might use this pause to ask the whole class for their thoughts, or invite you to discuss the dilemma with the classmate sitting next to you.
- **How to continue:** These checkpoints do not have multiple-choice buttons inside the story itself; instead, they are designed to spark a brief live conversation. Once you and your class have discussed the situation, simply click the **“Continue”** button to resume the scenario and see what happens next.

Final scenario card

Every story concludes with a special screen known as the final scenario card. This card acts as a summary of the events you just witnessed and focuses heavily on reflection and group discussion points.

Once the final scenario card appears, look at your options at the bottom of the card:



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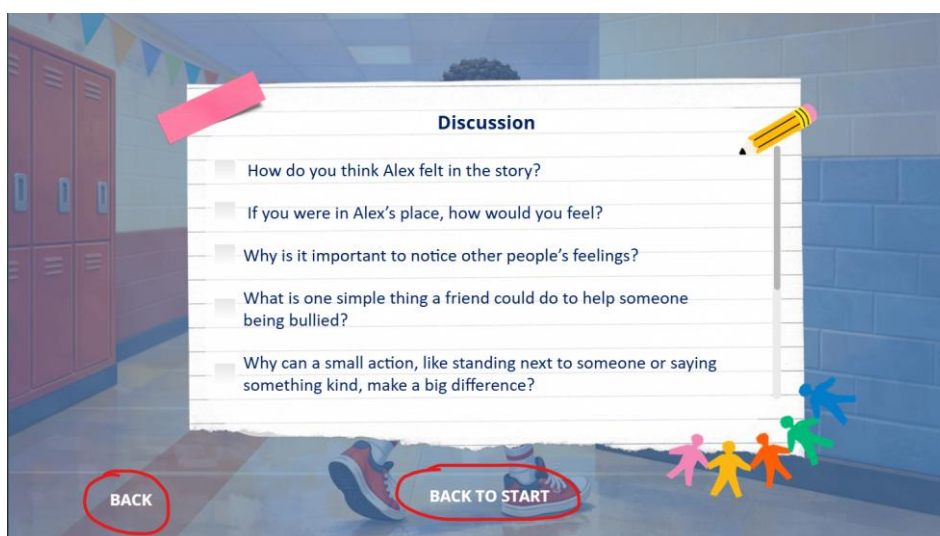
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- **The “Back” button:** If you want to review the dialogue, look at the character responses again, or re-examine the core message of that specific lesson, clicking the “Back” button allows you to re-watch the scenario's conclusion.
- **The “Back to Start” button:** If you have finished reading the final reflection points and are ready to tackle a new challenge, clicking this button closes the current story and brings you right back to the central school map (the main tab).



Tracking achievements & mastering the game

The platform makes it very easy to see how much of the mission you have completed. The moment you click “Back to start” and land back on the main dashboard, you will see two immediate updates:

- **The green checkmark (✓):** The interactive hotspot icon of the story you just finished will now be marked with a clear green checkmark. This shows that the scenario has been successfully completed and resolved.
- **The counter update:** Look down at the bottom right corner of your screen. The progress tracker will automatically add your finished scenario to your score (for example, moving from 0/6 to 1/6).



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The mini-game environment officially concludes when you successfully navigate all six situations, your counter reads 6 out of 6, and every single hotspot icon on the dashboard features a green checkmark.

The school stories

The SABE interactive game contains six distinct stories distributed across the virtual school building. Each story has been specifically created to focus on a particular type of school violence or bullying behavior.

This section provides a quick reference summary of each story, including its core theme and target age range. You can complete these scenarios in any order you choose. When you finish all six scenarios, the min-game is marked as complete.

Story 1: Name-calling isn't funny (verbal bullying)

- **Target audience:** 7–12 years old.



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- **Focus:** Students will actively engage in the learning process by acting out roles that may differ from their own perspectives, experiences, or backgrounds.

Story 2: The corridor incident (physical bullying)

- **Target audience:** 7–12 years old.
- **Focus:** This scenario features a reflective dialogue which will help students identify respectful behaviours, while restorative questions support accountability and understanding of boundaries.

Story 3: Disability bullying – Ari’s digital art

- **Target audience:** 13–16 years old (secondary to upper secondary high school level).
- **Focus:** Students will step into the shoes of all involved parties (victim, bully, bystander, and friend), developing empathy, understanding consequences, and practicing responsible digital behavior.

Story 4: Addressing physical assault and discrimination

- **Target audience:** 10–14 years old (primary to early secondary education).
- **Focus:** The scenario explores how seemingly minor cultural differences can escalate into serious physical confrontations when prejudice meets group dynamics. Students will examine how bystander intervention, teacher response, and institutional support systems can either prevent or inadvertently escalate such incidents.

Story 5: Cyberbullying (digital safety)

- **Target audience:** 15–16 years old (high school level).
- **Focus:** Students will analyse an authentic-looking group-chat and meme incident, identify participant roles (aggressor, target, assistants, reinforcers, defenders, outsiders), and map how harm escalates online (audience size, permanence, anonymity).



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Story 6: Beautiful or ugly duckling? (social exclusion)

- **Target audience:** 7–10 years old.
- **Focus:** Students will practice empathy and respect for others which are key to strengthening relationships and building healthy social interactions.

Activity zone (workbook materials)

This workbook section contains offline activities designed to build upon the ideas, vocabulary, and situations you explored while playing the SABE interactive game. These exercises will help you think deeper about how to spot bullying and how to practice being an active Upstander in your daily school life.

Activity 1: The upstander safe zones (true or false)

When bullying happens, it is important to know which actions help fix the problem and which actions make it worse. Read each statement below. If the action helps protect a student and stops bullying, circle **True**. If the action is hurtful or ignores the problem, circle **False**.

1. Walking over to a classmate who is sitting all alone at lunch and inviting them to sit with your group.

True/False

2. Laughing at a mean nickname someone calls another student in the corridor because you want to fit in.

True/False

3. Taking a screenshot of a mean text message in a group chat and showing it to a teacher or parent.

True/False



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4. Seeing someone push a student with a disability in the hallway and walking away quickly so you don't get in trouble.

True/False

5. Telling a classmate "Don't listen to them, your art looks amazing", after someone makes fun of their project.

True/False

Reflection question: Look at the statements you marked as **True**. What is one word that describes how an upstander treats other people? (Hint: Think about words like Kindness, Respect, or Friendship).

Activity 2: The role-matching challenge

Draw a line to connect the real-world school scenario on the left with the most positive, empathetic resolution action on the right.

School scenario	Positive resolution action
Scenario A: You notice a classmate sitting alone at recess because other kids told them they aren't allowed to play the game.	Action 1: Save a screenshot or copy of the messages, do not engage with the insults, and tell a trusted adult or school counselor immediately.



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Scenario B: A student in your online group chat keeps sending mean comments and embarrassing altered photos of another classmate.	Action 2: Calmly speak up to say the comments aren't funny, walk away from the instigator with the target, and check if the targeted friend is okay.
Scenario C: In the busy school corridor, you see an older student intentionally bumping into a smaller classmate and knocking their books over.	Action 3: Walk over to the isolated student, sit down with them, and invite them to join your group's activity instead.

Activity 3: The “What would you do?” decision matrix

Think back to the branching paths and choice points in the mini-game. Read the quick situation below and circle the choice that best demonstrates an active upstander mindset.

The situation: During art class, a student named Oscar is working hard on a drawing project. Two other classmates start snickering, whispering loudly about Oscar's skills, and making fun of the drawing, trying to get other tables to join in on the teasing.

- **Choice A:** Keep your head down and focus entirely on your own drawing. If you don't look up, you aren't part of the problem, and you won't get targeted next.
- **Choice B:** Laugh along quietly so you don't look awkward or left out, but don't say any of the mean words yourself.
- **Choice C:** Look directly at the kids teasing and say, “Stop it, that's not cool”. Then, turn to Oscar and say, “I really like the colors you used in your art piece, can you show me how you drew that pattern?”



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Write your reflection: Why is choice C the strongest action path? How does it change the atmosphere in the classroom for the target and the instigator?

Helper toolkit & external resources

This section gives you a quick, actionable checklist to use in your daily school life, followed by places where you can get extra support or information if you ever need it.

The upstander checklist

If you witness bullying behavior happening in your school corridors, in your classroom, or online, use this safe checklist to guide your actions:

[] **Safety first:** Never put yourself in physical danger. If a situation looks violent or unsafe, do not try to break it up yourself. Go find a teacher, school guard, or principal immediately.

[] **Speak up (if safe):** If you can safely do so, use a calm, firm voice to tell the person instigating the bullying to stop. You can say simple phrases like, “That’s not cool”, or “Let’s change the subject”.

[] **Focus on the target:** Sometimes the best way to stop bullying is to ignore the bully completely and give all your attention to the person being targeted. Walk over to them, ask them how they are doing, and help them walk away from the situation with you.

[] **Don’t share, don’t like:** If you see cyberbullying happening in a group chat or on social media, do not forward the mean messages, do not leave laughing emojis, and do not reply with more mean words.

[] **Save the evidence:** If it happens online, take a screenshot or copy the text messages. This evidence will be very helpful when you report it to an adult.

[] **Tell a trusted adult:** Reporting bullying is not “snitching” or “tattling”. It’s protecting someone from getting hurt. Talk to a parent, a teacher, a school counselor, or any adult you trust.



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The Stay Safe & Speak Up Checklist

If someone at school or online is making fun of you, hurting you, leaving you out on purpose, or threatening you, please remember this: it is not your fault, and you do not have to carry this alone. Use this checklist to help you stay safe and take control of the situation:

[] **Remember your worth:** Do not believe the mean things a bully says to you. Their bad behavior says everything about *them* and nothing about *you*. You are valuable, and you deserve to be treated with respect.

[] **Walk away confidently:** If someone approaches you and starts teasing or intimidating you, do not fight back or yell. Stay as calm as you can, look them in the eye, and walk away firmly toward a crowded area, a classroom, or a teacher.

[] **Say no firmly (if you feel safe):** If you feel comfortable doing so, use a clear, steady voice to tell the person to stop. You can say: *"Stop doing that"*, or *"I don't like how you are talking to me"*, and then immediately remove yourself from the situation.

[] **Stick with friends:** Bullies are much less likely to target someone who is surrounded by peers. Try to stay in groups when walking through the school corridors, hanging out at recess, or eating in the lunchroom.

[] **Stay safe online:** If someone is bullying you on social media or in a group chat, protect your digital space immediately:

- **Block them** so they can no longer send you messages.
- **Do not reply** to their insults, as getting an angry reaction is usually what they want.
- **Take screenshots** or save the messages so you can show an adult exactly what happened.

[] **Tell a trusted adult:** This is the most important step. Telling an adult is not getting someone in trouble as you're protecting yourself. Talk to a parent, a favorite teacher, a school counselor, a relative, or the school principal. Keep telling adults until you find someone who helps you fix the problem.



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[] **Call a helpline:** If you don't feel ready to talk to someone at school or home yet, use the free national numbers listed below. You can talk or chat with kind professionals completely anonymously, and they will help you figure out exactly what to do next.

External resources & help channels

You are never alone. Every country participating in the SABE project has dedicated, free, and confidential support networks where you can speak to professionals who know exactly how to help you handle bullying.

National helplines (per partner country)

Bulgaria:

- **National Telephone Line for Children: 116 111.** Availability: **24 hours/7 days** a week. **Free, anonymous and confidential** support for children, young people and families. Managed by the State Agency for Child Protection.
- **National Emergency Number: 112.** Availability: **24 hours/7 days** a week. To be used in cases of immediate danger, violence, serious threat, or emergency.
- **Bulgarian Safer Internet Centre / SafeNet.bg Helpline: 124 123.** Provides advice and support for children, young people, parents and professionals on online safety, cyberbullying, harmful online content and risky online behaviour.
- **Bulgarian Safer Internet Centre / SafeNet.bg Online Chat and Reporting Form:** Available through SafeNet.bg for advice and for reporting harmful, illegal or dangerous online content or behaviour affecting children and young people.
- **National Hotline for Victims of Violence / Animus Association Foundation: 02 981 76 86.** Availability: **24 hours/7 days** a week. Provides **anonymous and confidential** support, guidance and referral for people affected by violence, including children and their relatives.

Greece:



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- **National Children's Helpline SOS** ("The Smile of the Child"): **1056** (plus dedicated chat application). Availability: **24 hours/7 days** a week.
- **European Child & Adolescent Helpline** ("The Smile of the Child"): **116 111**. Availability: **24 hours/7 days** a week (counseling support)
- **National Child Protection Line**: **1107**. Availability: **24 hours/7 days** a week (counseling and psychological support for children and adolescents)
- **Direct Social Assistance Line** (National Center for Social Solidarity): **197**. Availability: **24 hours/7 days** a week (free of charge)
- **Children's Ombudsman**: **213 1306 744 - 213 1306 710**. Children's Line (free of charge): **800 1132 000**. Availability: **Weekdays, 09:00 – 16:00**
- **"Together for the Child" Helpline**: **11525**. Availability: **Weekdays, 09:00 – 19:00** (counseling for parents of minors, teachers, and teenagers over 12)
- **Cybercrime Prosecution Directorate** (Ministry of Public Order & Citizen Protection): **11188**. Availability: **24 hours/7 days a week** (emergency digital and cyber safety response)
- **The Help-line** (Greek Safer Internet Center): **210 6007686**. Online Chat Support: www.help-line.gr. Availability: **Weekdays, 09:00 – 17:00** (Chat option specifically available **14:00 – 17:00**)
- **Psychosocial Support Line** (Ministry of Health): **10306**. Availability: **Weekdays, 09:00 – 21:00** (specifically for addressing violence and aggression in children and adolescents)
- **Helpline "Dipla sou"/By Your Side**: **11528**. Availability: **Weekdays, 10:00 – 18:00** (psychological support line for LGBTQI+ individuals, their families, friends, and school/work environments)
- **European Missing Children's Hotline** ("The Smile of the Child" at national level): **116 000**. Availability: **24 hours/7 days a week**
- **National Emergency Response Mechanism** (Protection of Unaccompanied Third-Country Minors): **0030-2132128888 - 0030-6942773030**. Availability: **24 hours/7 days** a week (includes also **WhatsApp** and **Viber** options)

Italy:

- **114** (Emergenza Infanzia)
- **19696** (Telefono Azzurro)



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- **800 66 96 96** (A helpline set up by the Department for Education, which can be used to report cases of bullying and request information)
- **800 280 000** (A helpline offering a listening service, advice and guidance on bullying and cyberbullying, **available Monday to Friday from 2 pm to 8 pm**)

Poland:

- **Emergency Number: 112** – **Available 24/7** for situations involving immediate danger, violence, threats, blackmail, stalking, or other emergencies.
- **Child and Youth Helpline: 116 111** – **Free, anonymous, and confidential** support for children and young people experiencing bullying, cyberbullying, violence, or emotional distress. Available 24/7 by phone and online chat. Managed by Fundacja Dajemy Dzieciom Siłę.
- **Children's Ombudsman Helpline: 800 12 12 12** – **Free** support for children, parents, teachers, and witnesses to report violations of children's rights, including bullying and cyberbullying.
- **Helpline for Parents and Teachers: 800 100 100** – Provides advice on school bullying, cyberbullying, online safety, and other child protection concerns.
- **Dyżurnet.pl** – National reporting centre for harmful or illegal online content, including cyberbullying, impersonation, and non-consensual image sharing.

Romania:

- **National Child Protection Line: 119**. Availability: **24 hours/7 days a week**. **Free** national number for reporting cases of child abuse, neglect, exploitation and any other form of violence against children, including serious bullying or cyberbullying situations. Managed through the General Directorates for Social Assistance and Child Protection.
- **National Emergency Number: 112**. Availability: **24 hours/7 days a week**. To be used in cases of immediate danger, violence, serious threat, blackmail, physical aggression, self-harm risk or emergency.



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- **Child Helpline / Telefonul Copilului: 116 111.** Availability: **Monday–Friday, 10:00–20:00.** **Free and confidential** counselling and support for children, adolescents and parents, including cases of bullying, online abuse, anxiety, depression or other child protection concerns.
- **Romanian Safer Internet Centre / Ora de Net Helpline: 0744 360 446.** Availability: **daily, 10:00–17:00.** Provides advice and support for children, young people, parents and teachers on online safety, cyberbullying, harmful online content, privacy issues and risky online behaviour. Website: www.oradenet.ro. E-mail: ajutor@oradenet.ro.
- **Romanian Safer Internet Centre / esc_ABUZ Reporting Line:** Available through www.oradenet.ro/linia-de-raportare. Used for reporting illegal or harmful online content affecting children and young people, including child sexual abuse material, grooming, dangerous online content and other serious online risks. Reports may be submitted online.
- **National Cyber Security Directorate / DNSC – PNRISC: 1911.** Available from Romania for reporting cyber incidents such as hacked accounts, phishing, identity theft, malware, account compromise or digital blackmail. Online reporting platform: pnrisc.dnsc.ro.
- **National Council for Combating Discrimination / CNCD:** Online petition available through www.cncd.ro. Can be used when bullying or cyberbullying involves discrimination based on ethnicity, disability, gender, religion, nationality, social status, sexual orientation or other protected grounds.

Turkiye:

- **112:** Call for urgent physical danger or police intervention.
- **ALO 183: 24/7** hotline for abuse/bullying reporting and psychological advice.
- **ALO 147:** Phone line to report bullying at or around school.



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Useful websites

Bulgaria:

- **State Agency for Child Protection:** <https://api.sacp.government.bg/en> - Official national authority responsible for child protection policy, children's rights, monitoring and coordination of child protection activities in Bulgaria.
- **Bulgarian Safer Internet Centre / SafeNet.bg:** <https://safenet.bg/en/> - Provides information, educational materials, advice, online chat and reporting options related to online safety, cyberbullying, harmful content and digital risks for children and young people.
- **Cybercrime Directorate / GDBOP, Ministry of Interior:** <https://www.cybercrime.bg/> - Official platform for information and reporting of cybercrime, online threats and other serious risks on the internet.
- **Animus Association Foundation:** <https://animusassociation.org/en/> - Provides support services, counselling, prevention activities and referral for people affected by violence, including children, young people and families.

Greece:

- **Stop-bullying.gov.gr:** The official platform of the Ministry of Education, Religious Affairs, and Sports for the prevention and response to school violence.
- **Live Without Bullying:** A programme run by KMOP, offering free, anonymous, and personalized counseling support from psychologists for children and young people.
- **SaferInternet4kids:** Offers a wide range of informational resources and guidance on protecting children against cyberbullying.
- **StopBullying.gr:** Informational website aimed at students, parents, and teachers, with the goal of raising awareness and promoting understanding of bullying.

Italy:

- <https://www.generazioniconnesse.it/site/> : **Safer Internet Centre – Generazioni Connesse**
- <https://114.it/> : The **114 Child Emergency Helpline** is an emergency service for anyone wishing to report a dangerous or emergency situation involving children or young people.



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- <https://azzurro.it/> : The **S.O.S. Il Telefono Azzurro ETS Foundation** promotes full respect for the rights of children and young people. Through its daily activities, it supports their potential for growth and protects them from abuse and violence that could jeopardise their well-being and development.
- <https://www.aics-cyberbullismo.it/> : The **Italian Association for the Prevention of Cyberbullying and Sexting (A.I.C.S.)** was established with the aim of preventing and combating the spread of cyberbullying among teenagers at a national level, and to help victims defend themselves.
- <https://anticyberbullismo.it/chi-ci-puo-contattare/> : The **CNAC** was established by the Italian Institute for Privacy and Data Valorisation (IIP), a leading centre for research and advocacy dedicated to issues relating to the protection and valorisation of personal data, information and identity in today's global ICT society.

Poland:

- <https://116111.pl/> **Helpline** – Phone and online support for children and young people.
- <https://brpd.gov.pl/dzieciecy-telefon-zaufania-rzecznika-praw-dziecka/> **Children's Ombudsman** – Information about children's rights and reporting channels.
- <https://800100100.pl/> **Helpline** – Resources and guidance for parents and teachers.
- <https://dyzurnet.pl/> – Online reporting platform for harmful and illegal internet content.

Romania:

- **National Authority for the Protection of Children's Rights and Adoption / ANPDCA:** <https://copii.gov.ro/> - Official national authority responsible for child protection policy, children's rights, child protection services and coordination of interventions in cases of abuse, neglect, exploitation and violence against children. The 119 national child protection line is also linked to this authority.
- **119 National Child Protection Reporting Platform:** <https://sina.anpdca.ro/numar-unic-119> - Official information and reporting page for the national child protection number 119, used to report abuse, neglect, exploitation and any other form of violence against children.



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- **Ministry of Education – Management of School Violence Cases:** https://edu.ro/management_cazuri_violenta - Official platform presenting procedures and intervention schemes for managing cases of violence in schools, including violence between pupils, serious violence, violence against pupils, and other related situations in the school environment.
- **Telefonul Copilului / Child Helpline Romania:** <https://telefonulcopilului.ro/> - Provides information, counselling and support for children and adolescents, including issues related to bullying, cyberbullying, abuse, anxiety, depression and other child protection concerns.
- **Salvați Copiii România – Internet Safety:** <https://www.salvaticopiii.ro/ce-facem/protectie/siguranta-pe-internet> - Provides information, prevention activities, educational materials and counselling related to children's online safety, cyberbullying and digital risks.
- **National Cyber Security Directorate / DNSC:** <https://www.dnsc.ro/> - National authority for cyber security and cyber incident response in Romania. Useful for information and guidance regarding cyber incidents, hacked accounts, phishing, identity theft, malware, account compromise and digital threats.
- **National Council for Combating Discrimination / CNCD:** <https://www.cncd.ro/depune-o-petitie/> - Official platform for submitting petitions related to discrimination. Relevant when bullying or cyberbullying involves discrimination based on ethnicity, disability, gender, religion, nationality, social status, sexual orientation or other protected grounds.

Turkiye:

- **MEBİM (mebimportal.meb.gov.tr):** Website to submit school-related complaints.
- **ihbarweb.org.tr:** Portal to report online harassment and block harmful content.
- **guvenliweb.org.tr:** Safety guides and advice for fighting digital bullying.
- **cimer.gov.tr:** State portal for official complaints regarding school negligence.
- **ucim.org.tr:** NGO website offering legal and psychological support for child victims.



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