

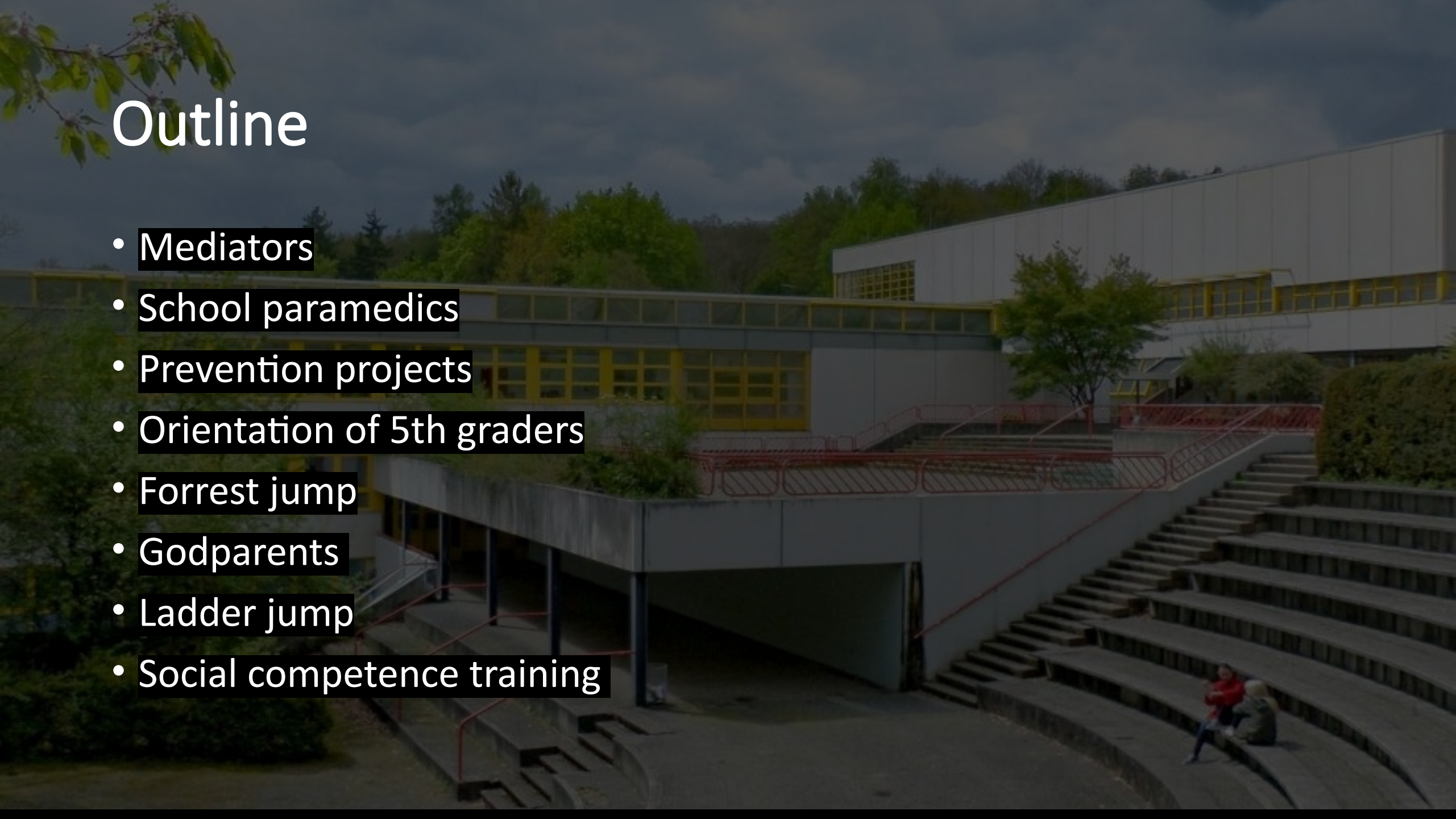


Social Competences at the GTO

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Outline

- Mediators
- School paramedics
- Prevention projects
- Orientation of 5th graders
- Forrest jump
- Godparents
- Ladder jump
- Social competence training





Mediators

- Help (mostly younger) students solve arguments
- 3 day seminar + test to become a mediator
- Step by step technique
 - > emphasizing with each other
 - > mirroring
 - > differentiate: what am I feeling – what actually happened
- "how do my actions affect the other person?"
- Contract at the end (what will we change?)
 - > everyone included signs

The background image shows a group of students in a classroom or gym setting, practicing CPR on mannequins. They are wearing blue gloves and are positioned around the mannequins, which are lying on green mats. The students are wearing dark blue shirts and light blue pants. The scene is dimly lit, with a dark green overlay on the right side of the image.

School paramedics

- Voluntary class – once a week
- Learn & practice what to do in emergencies --> test at the end of the year
- Students take turns in being "on call" in case of injury



Prevention concepts

- Stark, Stärker, Wir (strong, stronger, us)
 - > motto of the schools in Baden Württemberg for prevention for violence, addiction and about getting healthier
 - > Goal is to set those values from 5th grade on
- **5th grade:**
 - > prevention programs for media safety (data protection, social media, cyber mobbing, etc.) through a media agent
- **6th grade:**
 - > project media – dangers in the net focus on social media usage and its danger through the police
 - > offer for the parents to get the same program



Prevention concepts

- **7th grade:**

-> main focus : addiction prevention – both in the lessons themselves in projects but also through extracurricular sources : Police, etc. (parent seminar)

- **8th grade:**

-> opportunity to take part in the project "Wehr dich- aber richtig" (Defend yourself- but right) for violence prevention

- **9th grade:**

-> "Fitness and healthy day" - day to show the students how to connect healthy diet, sport activity and healthconscious action

- **Be smart - don't start:**

-> contest for 6th to 8th grade to stop kids from smoking



Orientation of 5th graders

- in the 5th grade you go for 3 days with the class teachers and all students to a youth hostel (mostly in the first weeks of school)
- The community of the class is strengthened by games
- The class speakers are elected --> after the students have gotten to know each other better
- It is cooked and eaten together



Forest jump

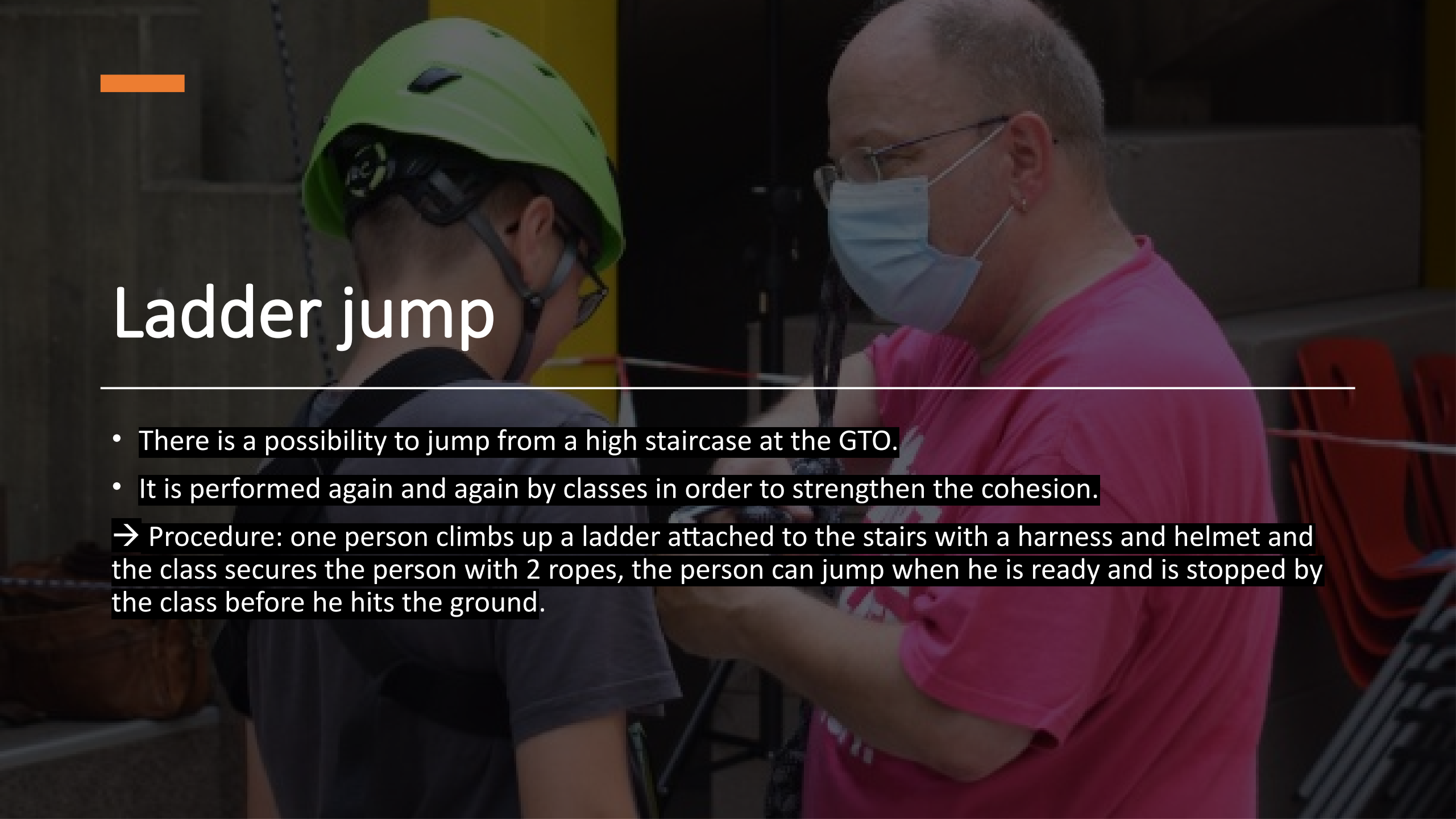
- in the 7th grade
- trust between students (class community)
- going beyond one's own limits (e.g. fear of heights)

→ Procedure: jump from a tall tree and the class and a supervisor secure you with the help of a rope

A background image showing a classroom scene. In the foreground, a young woman with blonde hair, wearing a red shirt, is smiling and looking towards a young man with dark curly hair and glasses. They are sitting at a desk. In the background, another student is visible, and there are various classroom items like papers and a water bottle on the desk.

Godparents

- Each new 5th grade gets several older students assigned as so-called godparents
- The godparents help the new students to find their way around the school and are open to all questions
- They spend time with the 5th graders again and again on the school day

The background image shows two individuals in a workshop or training environment. On the left, a person is seen from the side, wearing a bright green safety helmet and a black harness. On the right, a man with glasses and a light blue surgical mask is wearing a pink t-shirt. He appears to be assisting or observing the person in the harness. The scene is dimly lit, with some industrial equipment visible in the background.

Ladder jump

- There is a possibility to jump from a high staircase at the GTO.
 - It is performed again and again by classes in order to strengthen the cohesion.
- Procedure: one person climbs up a ladder attached to the stairs with a harness and helmet and the class secures the person with 2 ropes, the person can jump when he is ready and is stopped by the class before he hits the ground.



Social competence training (Theory)

- Goal: Strengthen the competence to act purposefully and in a task-oriented manner
- The so called “Handlungskompetenz” is made up of three skills
 - competence of knowledge (retrieve acquired knowledge)
 - Methodological competence (acquiring knowledge oneself and communicating this to others)
 - > these are mainly taught by school
 - Social competence (ability to work in a team, empathy, manners, conflict management...)
 - > this is not so clearly conveyed through the lessons, so this is where the "social skills training" comes in

A man in a dark jacket is standing in a classroom, presenting to a group of students. Behind him is a large whiteboard with several posters. To his right, a projector screen displays a presentation titled "Probleme mit Alkohol". The students are seated at desks, facing the presenter. The room has yellow structural beams on the ceiling and a red door in the background.

Social competence training (Theory)

- - many factors influence social behavior (e.g. parents, family, friends, school, social media...) --> you have to compete against these factors, i.e. educate and also work together with e.g. parents (e.g. letters to parents, information events...)
- - make training as interesting and long-lasting as possible (sense of adventure, group challenges, sense of achievement, debriefing with praise).
- - succeeds best with "adventure games"
 - Set the group experience in a fictional world of adventure
 - accommodate young people's urge to move
 - gives participants a sense of achievement that they have achieved as a group

A man in a dark jacket is standing in a classroom, presenting to a group of children. The children are seated at desks, and a projector screen in the background displays a presentation slide titled "Probleme mit Äußerer". The slide lists three points: "1. Äußerer Moderator", "2. Äußerer Moderator", and "3. Äußerer Moderator". The background also features a colorful poster on the left and a red door on the right.

Social competence training (Theory)

- - the moderation is crucial for the children's motivation; there are three possibilities here:
 - > real: exercises are explained briefly, succinctly and straightforward
 - > imaginative: exercises are explained in a fabulous and imaginative way
 - > isomorphic: exercises are presented as metaphors
- - the type of moderation is very important and must suit the children and the type of training (e.g. for adventure games, an imaginative moderation fits very well)

The background image shows a classroom setting. A male teacher with a beard, wearing a dark jacket, stands at the front of the room. Behind him is a large projection screen displaying a presentation slide titled "Probleme mit Akzent". To the left of the teacher, there are several posters on the wall, including one with the text "WATTS SPRACHEN". The students are seated at desks, facing the teacher and the screen. The room has yellow structural beams on the ceiling and a red door on the right side.

Social competence training

- - is mostly done in grade 5
- Reason: the pupils come to the grammar school together from many different primary schools, most of them do not know each other and so this contributes to a good class community
 - the training can last from one afternoon to a whole school day
 - optimally, the day is started with a joint breakfast or a joint lunch
 - the training is divided into 5 steps:
- 1. Get to know each other (5 – 15 minutes)
 - > typical games where class and coaches get to know each other



Social competence training

- 2. Warm-up exercises (10 - 20 minutes)

- > Among other things, sporting games such as different types of "catch" to break the ice and make contact with classmates

- 3. Group dynamic exercises (90 – 120 minutes)

- > Confidence and cooperation exercises

- > Several exercises, starting with small groups, which then get bigger and bigger until they become a large group until the group is one big group at the end

The background image shows a classroom setting. A male teacher with a beard is standing at the front, facing a class of students. The students are seated at desks, mostly seen from the back. A presentation screen at the front displays a slide titled 'Probleme mit Alkohol'. On the left wall, there are several posters, including one with many small colorful figures. The room has yellow structural beams on the ceiling and a red door on the right.

Social competence training

- 4. Closing phase (30 – 40 minutes)
 - > a reflection takes place with the help of appropriate games
 - > how was the day, what was fun, what was bad?
- -> Formulation of goals and rules for the coming time in the class, these are written on a large poster and hung up in the classroom
- 5. Review
 - > After a few weeks, the goals are reviewed with the help of the class teacher and the situation in the class is discussed

A photograph of a modern building with a glass and yellow facade, surrounded by greenery. In the foreground, there is a large concrete staircase with red railings. The text "Thank you for your attention!" is overlaid in the center.

Thank you for your attention!