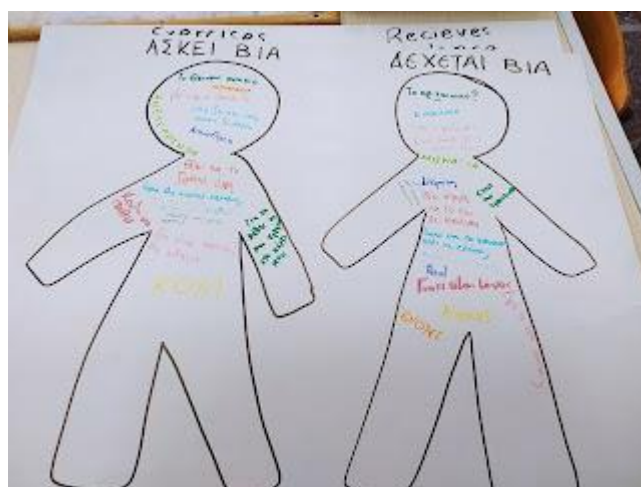


ACTIVITIES AGAINST BULLYING AND RACISM

- 1) As part of the DO IT program and on the occasion of the Panhellenic School Bullying Awareness Day, classes B1 and B3, guided by their teacher Ms. Mara Karfopoulou, read a bullying story and recorded the thoughts and feelings of both the bully and the victim in human-shaped outlines. This activity sparked a meaningful discussion about this important social issue.





- 2) The A1 students of the 5th Neapolis High School of Thessaloniki, as part of the Erasmus+the project and the Skills Workshop course with the responsible teacher Karfopoulou Mara, created an awareness video against verbal violence at school. Verbal violence is the most common form of school bullying. We say no to verbal violence, we say no to school bullying.

- **video link** addressing bullying:

[we say no to bullying](#)

- 3) Hosting an event on March 21 (2023) in honor of World Poetry and Racism Day, the C1 students wrote poems with the responsible teachers, Charalambidou Alexia and Tarseni Sofia, that denounce war, accompanied by anti-war songs:

Links:

[-https://www.storyjumper.com/book/read/151831231/2-](https://www.storyjumper.com/book/read/151831231/2-)

-<https://5gym-neapol.thess.sch.gr/nea-anakoinoseis/ta-nea-mas/438-%CF%80%CE%B1%CE%B3%CE%BA%CF%8C%CF%83%CE%BC%CE%B9%CE%B1-%CE%B7%CE%BC%CE%AD%CF%81%CE%B1-%CF%80%CE%BF%CE%AF%CE%B7%CF%83%CE%B7%CF%82->

<i>Με τον τρόπο του Γιάννη Ρίτσου</i>	<i>In Yannis Ritsos's style</i>
Πόλεμος	War
Ο εφιάλτης του παιδιού είναι ο πόλεμος.	The child's nightmare is war.
Ο εφιάλτης της μάνας είναι ο πόλεμος.	The mother's nightmare is war.
Τα λόγια της θλίψης κάτω από το γκρεμισμένο σπίτι είναι ο πόλεμος.	The words of woe under the razed house is war.
Ο πατέρας που κάθεται πάνω από το πτώμα του παιδιού του νοσταλγώντας τις μέρες που τον περίμεναν με το χαμόγελο στα χείλη	The father who bends over his kid's body yearning for the old days when they were waiting for him smiling
Είναι ο πόλεμος.	Is war.
Ο αδελφός που ξεψυχεί μπροστά στα πληγωμένα μάτια της μάνας του και ψιθυρίζει “σ’ αγαπώ”	The brother who breathes his last before his mother's sore eyes and whispers “I love you”
Είναι ο πόλεμος.	Is war.
Ο πόλεμος είναι σαν μια ζυγαριά που αν αφαιρέσεις ζωές από τη μια πλευρά δε θα υπάρξει πια ισορροπία.	War is like a pair of scales remove lives from one of its trays and there will no longer be balance.

tr%CE%BA%CE%B1%CE%B9-

TRANSLATION IN ENGLISH:

Πόλεμος	War
Ο εφιάλτης του παιδιού είναι ο πόλεμος.	The child's nightmare is war.
Ο εφιάλτης της μάνας είναι ο πόλεμος.	The mother's nightmare is war.
Τα λόγια του μίσους γύρω από	The words of hate round
Τα πτώματα και τις φωτιές είναι ο πόλεμος.	The corpses and the fires are war.
Ο πατέρας που κρατάει στα χέρια του το νεκρό παιδί	The father that carries his dead kid
του	in his arms
Θλιμμένος και με αίματα λερωμένος	Sick at heart and stained with blood
Τα δάκρυα που κυλούν στο πρόσωπό του	The tears that flow down his face
Είναι ο πόλεμος.	Are war.
Ο αδελφός που το όπλο του	The brother whose gun
Βαραίνει στους ώμους του	weigh heavily on his shoulders
Που το βλέμμα του είναι κενό και γεμάτο φόβο	Whose look is blank and full of fear
Είναι ο πόλεμος.	Is war.
Ο πόλεμος είναι σα να έχεις πεθάνει ήδη.	War feels like you are already dead.
Δεν υπάρχει τίποτε ευχάριστο μέσα σου	There is no pleasing for you
Ούτε και στον κόσμο γύρω σου.	Or for the world around you.

<u>Τα Χαϊκού των Ανθρωπίνων δικαιωμάτων</u>	<u>The Haikus of Human rights</u>
<i>ΦΑΓΗΤΟ</i>	<i>FOOD</i>
Αφρική	Across Africa
Αδύνατα σώματα	Emaciated bodies
Πεινάνε πολύ.	Famished with hunger.
<i>ΦΑΓΗΤΟ ΚΑΙ ΣΤΕΓΗ</i>	<i>FOOD AND SHELTER</i>
Φαΐ και στέγη	It's food and shelter
Παιδιά στη Νιγηρία	Children in Nigeria
Αποζητούν.	Are crying out for.

<u>Τα Χαϊκού των Ανθρωπίνων δικαιωμάτων</u>	<u>The Haikus of Human rights</u>
<i>Ελευθερία Σκέψης και έκφρασης</i>	<i>Freedom of Thought and expression</i>
Ιδέες πολλές	Loads of ideas
Τι να πρωτοπώ κι εγώ	Where shall I even begin
Νιώθω φόβο.	I am feeling fear.
<i>ΠΑΙΧΝΙΔΙ</i>	<i>PLAY</i>
Αλάνα έξω	A sandlot outside
Παιδικά γέλια παντού	Children's laughter everywhere
Χαίρονται πολύ.	They are overjoyed.
<u>Τα Χαϊκού των Ανθρωπίνων δικαιωμάτων</u>	<u>The Haikus of Human rights</u>
<i>ΑΠΟΔΟΧΗ</i>	<i>ACCEPTANCE</i>
Λευκοί και μαύροι	Black and white people
Ζούνε καιρό μαζί	Have lived together for long
Ζητούν αποδοχή	Acceptance they want
<i>ΣΤΕΓΗ</i>	<i>ROOF</i>
Σπίτι στο χωριό	House in the village
Μεγάλη αυλή	Big yard
Στέγη πάνω στην κορφή	Roof on the uppermost part

- 4) The 5ο Gymnasium of Neapolis with responsible teachers, Barbathanasi Elisavet, Tarseni Sofia, Karfopoulou Mara, Charalambidou Alexia and students from the school mediation team participated in the panhellenic event organized by the University of Ioannina entitled "Breaking the Silence, Uniting our voices against Violence and Bullying" which took place on March 6, 2024 outside the municipal building of Neapolis.

Links:

<https://doiterasmusgreece.blogspot.com/2024/03/5-632024.html>

<https://5gym-neapol.thess.sch.gr/nea-anakoinoseis/ta-nea-mas/502-%C2%AB%CF%83%CF%80%CE%AC%CE%BC%CE%B5-%CF%84%CE%B7-%CF%83%CE%B9%CF%89%CF%80%CE%AE,->

[%CE%B5%CE%BD%CF%8E%CE%BD%CE%BF%CF%85%CE%BC%CE%B5-%CF%84%CE%B9%CF%82-%CF%86%CF%89%CE%BD%CE%AD%CF%82-%CE%BC%CE%B1%CF%82-%CE%B5%CE%BD%CE%AC%CE%BD%CF%84%CE%B9%CE%B1-%CF%83%CF%84%CE%B7-%CE%B2%CE%AF%CE%B1-%CE%BA%CE%B1%CE%B9-%CF%83%CF%84%CE%BF%CE%BD-%CE%B5%CE%BA%CF%86%CE%BF%CE%B2%CE%B9%CF%83%CE%BC%CF%8C%C2%BB](#)

- 5) The 5o Gymnasium also participated in student conferences, including:
- 1) the involvement of Section B3 in the Student Artistic Festival of the Panhellenic Network for Theatre in Education, held at the Thessaloniki City Hall on May 29, 2023, which focused on raising awareness in the educational community regarding human rights through experiential activities and theatre techniques with the teacher Panos Kourtidis:

Description: "HEROES" – A One-Act Play

The memories of adult S.T. from the violence he experienced at school. The innate cruelty of children, the lack of recognition of what is different, the inequality between the ordinary and the unusual student. How the fear instilled in him by violence—born from weakness, from his personal individual stigma—transforms into strength, into a personal challenge...

"Timid children, hesitation in a gesture, people who still blush, the stammer when trying to say something tender, a little shame when undressing in front of someone for the first time—no, these are not mental disorders to me. They are interesting complexities that promise a wonderful celebration."



- 2) the participation of the School Mediation Group with the teacher Sofia Tarseni in the School Mediation Student Conference, where they presented their drama and song on May 4, 2023



Links:

<https://5gym-neapol.thess.sch.gr/nea-anakoinoseis/ta-nea-mas/429-1%CE%BF-%CE%BC%CE%B1%CE%B8%CE%B7%CF%84%CE%B9%CE%BA%CF%8C-%CF%83%CF%85%CE%BD%CE%AD%CE%B4%CF%81%CE%B9%CE%BF-%CE%BA%CE%B1%CF%84%CE%AC-%CF%84%CE%B7%CF%82-%CE%B2%CE%AF%CE%B1%CF%82>