Discussing about our feelings

1st Junior High School of Lavrio

Needs
The students are afraid to talk about how they feel
Many students are withdrawn and keep to themselves

Objectives
To talk about what they feel without fear
Reduction of loneliness.

Our participation in the YES Youth Participation Programme helped us identify issues and seek solutions.

Steps

1. Discussion with the student councils and the teachers' association on the specific issue,
2. involving the student representative in YES,
3. setting rules,
4. ensuring freedom of expression,
5. posting students' thoughts and feelings on the classroom wall for one week,
6. discussing what was expressed..

Results
All students were actively involved in the activity and became aware of their shared feelings.

Respecting rules, avoiding censorship, and engaging in discussion are key elements of a democratic school..





