



# Kaunas “Aušros” upper-secondary school

The first Lithuanian gymnasium in Kaunas, established in 1915

A safe, open, democratic school focused on human values

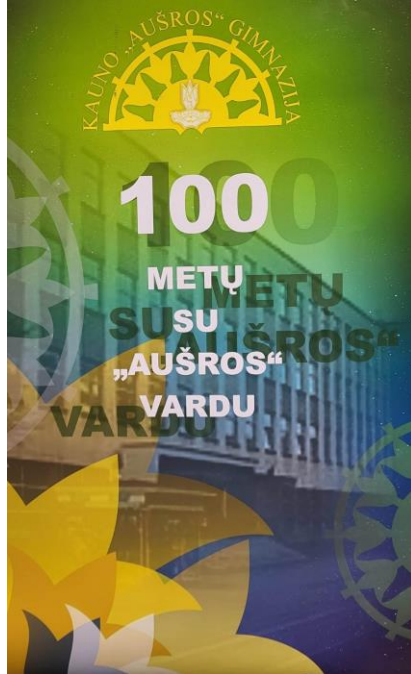
Protecting and nurturing the cultural heritage and developing a responsible, creative personality

Headmaster - Nerija Baltrėnienė











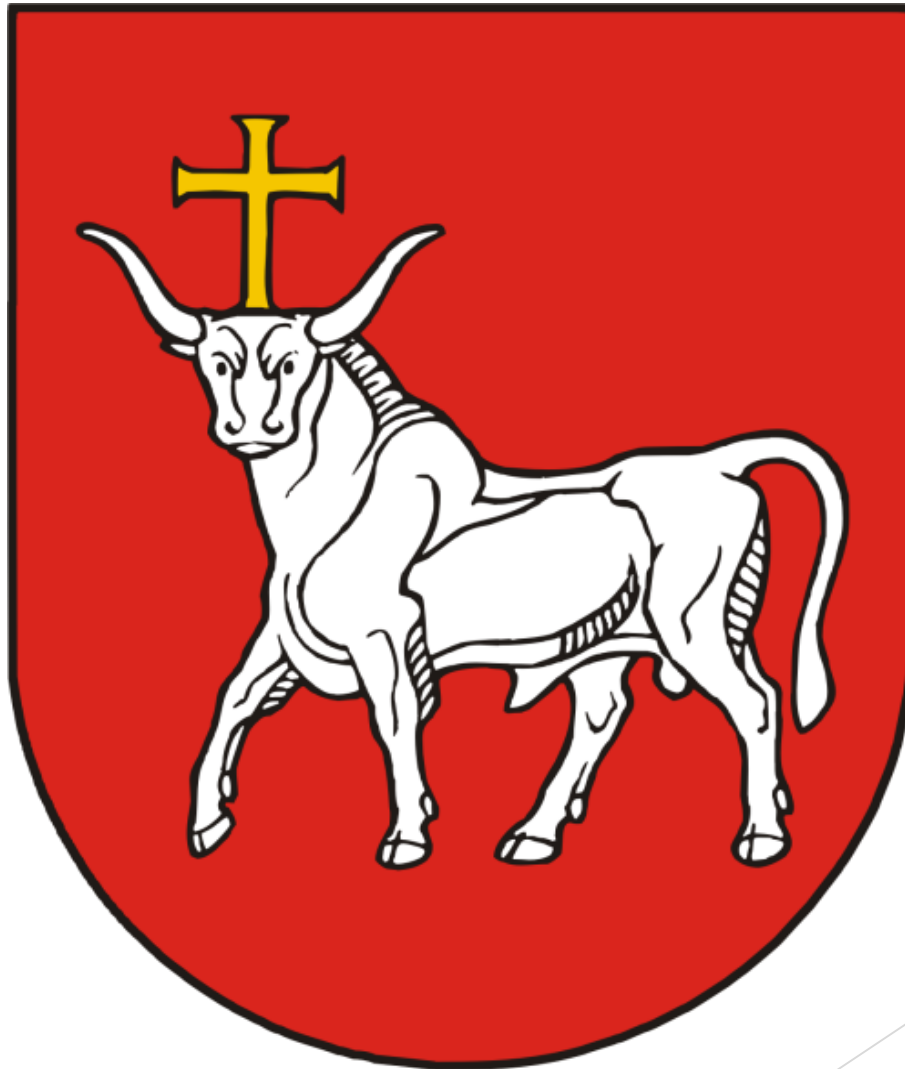
# KAUNAS



# Main facts about Kaunas

- ▶ **Area - 157 km<sup>2</sup>**
- ▶ **Population - 355,550**
- ▶ **Founded- 1030**
- ▶ **First mentioned- 1361**

# Coat of arms of Kaunas



An aerial photograph of Kaunas, Lithuania, showing the city's dense urban landscape, the Nemunas River winding through it, and a hot air balloon floating in the sky. The text "Sightseeing in Kaunas" is overlaid on the image.

# Sightseeing in Kaunas



# Location

Kaunas is situated at the confluence of the two largest rivers of Lithuania - the Nemunas and the Neris.



# Sports in Kaunas

- ▶ Kaunas is home to the Žalgiris basketball club, one of Europe's strongest basketball teams.



# THE KAUNAS CASTLE, A 14TH CENTURY FORTRESS

Archeological evidence suggests that it was originally built during the mid-14th century, in the Gothic style.





# Vytauta's Church

- ▶ The church was built on the right bank of the Nemunas River around 1400 for Franciscan monks and foreign merchants.



# The House of Perkūnas

► The House of Perkūnas was originally built by Hanseatic merchants in the late 15th century.





# Pažaislis Abbey



- ▶ It was built in the 17th century and today it is a nunnery.



# Liberty Avenue

- ▶ Liberty Avenue is a pedestrian and relaxation zone in Kaunas.



# Kaunas City Hall

The City Hall of Kaunas from the 16th century is nicknamed 'The White Swan' as it is being used for weddings.



# Mental health of Lithuanian schoolchildren

Lithuanian schoolchildren are satisfied with their lives, but irritability and nervousness are increasing. Also, Lithuania is still having a hard time fighting bullying among teenagers, which is decreasing rather weakly. Although drinking and smoking among teenagers has decreased over the past few years, we are still among the riskiest countries internationally, according to the latest data from the School Lifestyle and Health Survey (HBSC).





# Mental health of Lithuanian schoolchildren

The emotional difficulties of children and adolescents are influenced by problems in the education system, such as teacher-student relationships, bullying, heavy school loads and stress over results, and possibly the lack of proper education. Social and psychological - in the peripheries of Lithuania, families experience great poverty, unemployment, addictions, and violence in the close environment. All this undoubtedly has a huge impact on the psychological well-being of children growing up in such families - they experience a lot of insecurity, tension, anxiety, and hopelessness.



# Bullying in Lithuanian schools

Compared to other countries, Lithuanian schoolchildren indicate the highest prevalence of this phenomenon, although bullying throughout Europe and Lithuania has decreased over the last 4 years, but very slightly. The study shows that not only the form of bullying is changing, but also its location - online bullying is becoming more and more popular, and in this regard, Lithuania is also among the "leading" countries. Previous research by LSMU researchers has shown that increased bullying is directly related to poorer social support from teachers, peers and family. In terms of social support, in the context of other countries, Lithuania is also among the worst.



# Lithuanian adolescents among most bullied in Europe

Almost a third of Lithuanian adolescents are experiencing bullying, one of the highest rates in Europe, a WHO study shows.

- ▶ The survey shows the highest level of bullying among Lithuanian 13-year-olds, with 32 percent of boys and 31 percent of girls saying they experienced bullying.
- ▶ Among the 11-year-old teenagers, 29 percent of boys and 26 percent of girls reported bullying, while the figures were 26 and 21 percent, respectively, among 15-year-olds.
- ▶ Lithuania also leads in terms of bullies and is only behind Moldova in the 11-year-old group. In Lithuania, 24 percent of boys and 17 percent of girls aged 13 said they had taken part in bullying. In the 15-year-old group, they made up 30 and 15 percent, respectively, and 20 and 11 percent in the 11-year-old group.



Action Plans (usually short term - 3 to 4 years)

Implementing the National Programme for the Prevention of abuse, harassment, domestic violence, bullying and Provision of Assistance to Victims are approved by Order of the Minister of Social Security and Labour.

The plans envisage measures aimed at:

- Organisation of information campaigns on the prevention of domestic violence, bullying, harassment;
- Support for projects of NGOs and institutions, targeted at the prevention of harassment, abuse, bullying and domestic violence and assistance;
- Improvement in systematisation of statistical data;
- Competence building of specialists working in related fields (NGO's, social workers, police, prosecutors office, medical staff, teachers etc.) through organisation of training;
- Support for organisations working with abusers;
- Funding of telephone help-lines;
- Supervisions, etc.

The implementation of the main part of the activities envisaged in Action plans is coordinated and supervised by the Ministry of Social Security and Labour of the Republic of Lithuania.

The Programme of Specialised Assistance Centres was adopted to ensure the functioning of the network of Specialised Assistance Centres.

School-based programmes to develop life and social skills of children and young people are implemented.

The Programme concentrates more on the development of self-confidence, and there is some evidence that school-based programmes to prevent violence have shown effectiveness.

Technical tools (guidelines, intervention manuals), training programmes are provided for teachers, school administrations.

Recognition and avoidance of sexual, physical, psychological abuse and maltreatment is part of the national curricular (particular: 'The General Programme of Health, Sexuality and Family Planning').



# Vaiku Linija in Lithuania



Lithuanian Vaiku Linija is a nationally available helpline established to help children needing psychological support. The service of Vaiku Linija is available everyday, from 11 to 21. The phone number which children can call while having problems is 8 800 11 111.

More information of Vaiku Linija is available on the webpage [www.vaikulinija.lt](http://www.vaikulinija.lt) .

With the aim to protect people against domestic violence the Seimas of the Republic of Lithuania on 26 of May 2011 adopted the Law on Protection against Domestic Violence. The Law defines the concept of domestic violence (Domestic violence shall be an act of violation of human rights and freedoms).

The Law on Equal Opportunities for Women and Men prohibits harassment and sexual harassment in education, employment, market, social protection systems, organizations and associations. The same provisions are foreseen in the Law on Equal Opportunities.

