



National Institute for Public Health
and the Environment
Ministry of Health, Welfare and Sport

Schools4Health

RIVM, the Dutch National Institute for Public Health and the Environment



Topper training

Dutch: “Kanjertaining”



Topper training



- › Prevention of social problems and stimulate the wellbeing of student in primary school and first two years of secondary education
 - Developed at request of parents

We agree to the following:



A large, yellow, rectangular stamp with a double border, tilted slightly to the right. The text "TOPPER" is on the top line and "AGREEMENTS" is on the bottom line, both in bold, black, sans-serif capital letters.



- > Three-day training for teachers and parental component (A)
- > After two years "refresh trainingsday" (B)
- > Again after two years "final trainingsday" (C)
- > Access to all digital materials, guidelines, questionnaires, implementation-checklist



Close

Anti-bully poster

Caps quadrant

Topper Training

The Topper agreements

1



The caps

2



How do I see myself?

3



Introducing yourself

4

Saying something nice

5



Feelings... what are they?

6



Recognising feelings

7



Let the bullies talk all they like

8



Telling and asking

9

Listening and cooperating

10



11

Friendship

Learning from criticism

12



There are lots of people who love you

13



14

Topper tips

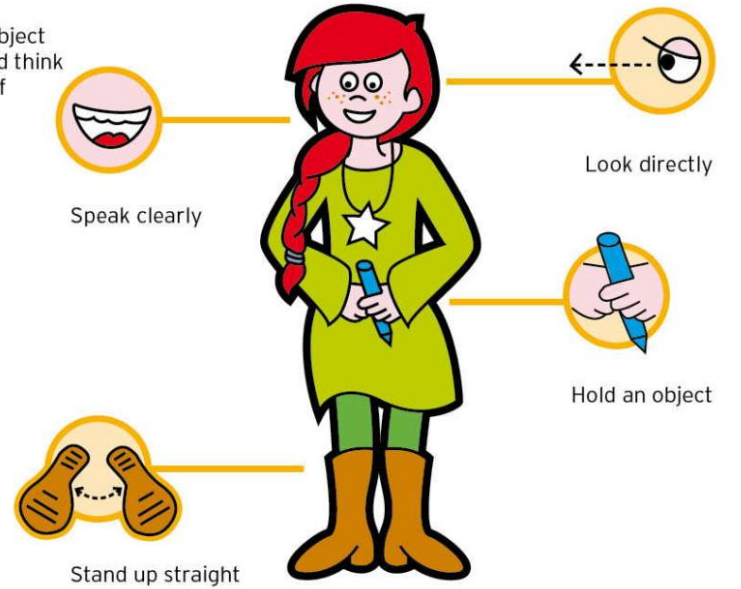
Do assignment 1 from your workbook.

Stand up straight. Hold an object in your hands, like a pen, and think to yourself: I won't let myself be pushed aside.

Say these three things out loud:

- Your name (look the classmate to the left of you directly in the eye).
- Your favourite colour (look the classmate in front of you directly in the eye).
- Your age (look the classmate to the right of you directly in the eye).

Speak clearly.





Results and successes so far

- > 1 in 3 schools have implemented Topper Training with success!
- > Strong focus on teaching skills
- > Cooperation between school, parents and students.
- > Demonstrating the most difficult exercises in practice and actively involving parents ensure successful implementation
- > Core components are:
 - feedback exercises
 - defining class intentions
 - exercises how to act on different types of behaviour
 - step-by-step plan how to act on undesirable behaviour



What the green smileys mean:

1. Do the things that make you feel good, not bad.
2. Are your classmates comfortable with your behavior?
3. Is your teacher comfortable with your behavior?
4. Are your parents comfortable with your behavior?
5. The check mark at the end means you know how to behave yourself.

When you take the feelings of your classmates, teachers and parents into consideration then you are more likely to do the kinds of things that suit you as a person. Others will then see that you are well-behaved and trustworthy.



Possibility for adaption/transferability

- > Some materials are already available in English and German.
- > Train the trainer concept possible.

You can be yourself in lots of different ways:

