RAN Collection practice template

Name of the practice	BOUNCE resilience tools
Please note that by practice we mean an activity/method/tool that has been used or is in use by professionals and/or community members.	
Description (max. 300 words) Short description of the aim and working method of the practice. Please note that in this description, it must be clear that <u>there is an explicit connection to preventing and/or countering radicalisation and/or violent extremism</u>. This means that in the aims and/or the activities/methods/tools of the practice, there is a link to preventing and countering radicalisation and/or violent extremism. Practices without this link cannot be included in the RAN Collection.	BOUNCE is a package of three interconnected and complementary tools (BOUNCE^{young}, BOUNCE^{along} and BOUNCE^{up}) targeting youngsters and their social environment. The tools were developed as early prevention for (vulnerable) youngsters, to strengthen resilience against violent radical influences and to raise awareness of these issues in their social environment. BOUNCE was developed in the STRESAVIORA project (Strengthening Resilience Against Violent Radicalisation), that was funded by the European Commission and published in 2014. Since 2018, the focus was broadened to include early prevention of risk behaviour in a broader sense. The BOUNCE tools can be used as a program for preventing violent radicalisation and other social issues like aggression and bullying as victim or actor, demotivation, substance abuse and addiction, skipping or dropping out of school, depression or delinquency. BOUNCE^{young} is a resilience training programme for youngsters. Resilience is a proven protective factor in the prevention of risk behaviour, and therefore of violent radicalisation. In 10 (inter)active group trainings, youngsters train and strengthen different aspects of resilience. By engaging in a mix of action and reflection, participants consolidate and hone a wide range of skills and competences, linking them to personal experiences.

	BOUNCE^along is an awareness-raising tool for parents and frontline workers. The tool provides work forms that raise awareness and contains tips and insights. It covers topics such as 'a positive point of view', 'strengthening resilience', 'resilient relations and communication', 'concerns and challenging situations', and 'information and support'. A newly revised version of the tool and training was published in 2019. BOUNCE^along awareness-raising actions are intended to be carried out alongside BOUNCE^young trainings, but can also be initiatives that stand on their own. BOUNCE^up is a train-the-trainer tool for frontline workers that enables them to work with the other two BOUNCE tools. With this three-day programme, trainers actively learn to work with BOUNCE^young and BOUNCE^along tools and are supported in implementing these tools within an integral approach that is tailored to the needs of the target groups.
Key themes Please <u>choose</u> 2 key themes most corresponding with the practice.	Vulnerable youth and youth engagement in P/CVE (Early) prevention
Target audience Please <u>choose</u> a minimum of one target audience most corresponding with the practice.	Youth / Pupils / Students First responders or practitioners Families
Geographical scope Please indicate where the practice has been/is implemented (countries, regions, cities).	The BOUNCE tools were developed in English for use throughout the EU region. They have also been translated into Albanian, German, Dutch, French and Serbian. The BOUNCE resilience tools are implemented across Belgium and in several European cities.
Start of the practice Please indicate when (year) the practice was developed and implemented to indicate the maturity of the practice. In case the	2013

practice is no longer active, please indicate when it ended.	
Deliverables Please indicate if the practice has led to concrete deliverables, such as (links to) handbooks, training modules, videos.	The BOUNCE manuals can be downloaded (copyright free) from the project website (http://arktos.be/bounce). They are introduced in a short presentation video. The manuals are: - BOUNCE^{young}: resilience training tool for youngsters with 10 in-depth active group training sessions. - BOUNCE^{along}: awareness-raising tool for parents and frontline workers. - BOUNCE^{up}: train-the-trainer tool for frontline workers. For the final conference in March 2018, a paper on the state of play of prevention training in Europe was published. The paper, titled 'Evaluating the BOUNCE^{up} Tool: Research Findings and Policy Implications' is available at http://arktos.be/bounce
Evidence and evaluation Short description on performance measures of the practice, including 1. qualitative views and quantitative (statistical) data e.g. measure of the success of your project or intervention. 2. evaluation and feedback, including surveys and/or anecdotal evidence e.g. have you done either an internal or external evaluation, have you encouraged any feedback from your target group? 3. peer review which feedback did the practice receive in the RAN working group and/or study visit where the practice was discussed. Please elaborate on the outcomes of your monitoring and evaluation efforts.	The developed BOUNCE training formats are based on scientific research, lessons learned from EU good practices and interviews with youngsters, with a focus on diverse ways to enhance the resilience of youngsters to the influences of violent radicalisation. During the development and testing of the BOUNCE tools in Belgium and the Netherlands, the Training Network, the Advisory Board, and partners and stakeholders (schoolteachers, parents, educators etc.) provided feedback on the tools. Feedback from parents, frontline workers, co-trainers and youngsters was also taken into account. The BOUNCE resilience tools were also peer-reviewed at the European level during the RAN Prevent 'Big education meeting' on 4 March 2015. The holistic approach of the tools received positive feedback (i.e. working with youngsters, parents and frontline workers, and involving different life domains). Moreover, the positive, strengthening approach, the empowerment of the target groups and the early preventive approach were highlighted as strengths. Between 2015 and 2017, the BOUNCE resilience tools were implemented at the European level in several European cities. They were also evaluated, taking into account local specificities, best practices, challenges etc.

In March 2018, Ghent University published its evaluation report of the BOUNCE[up] tool with its findings (of the short-term effects) and policy implications.

The report provides a summary of the complete research process and the short-term results. Extensive data was collected through training observations, quantitative questionnaires and semi-structured interviews with participants as well as trainers. Thematic analysis was conducted to describe the theoretical assumptions of the BOUNCE programme, the training processes of BOUNCE[up] and the short-term outcomes of the present pilot project. Whereas the BOUNCE[up] training was highly appreciated by participants, practical implementation of the BOUNCE tools was low up to at least six months after the first training. As any social crime prevention, BOUNCE should be embedded into local prevention strategies. Moreover, durable implementation should include long-term evaluation of all BOUNCE actions. The present study has delivered a long-term BOUNCE[up] evaluation tool, allowing cities to register their own actions with BOUNCE. Outcome data from this tool may inform future decision-making on social crime prevention in the city. The present study also provides concrete recommendations for practitioners and policymakers and for future research.

Sustainability and transferability (maximum of 200 words) Short description on the sustainability and transferability of the practice, including e.g. information on the costs of the practice. <u>Please elaborate on which elements are transferrable and how.</u>	The tools have been developed from a European perspective. They are currently available in English, Albanian, Dutch, French, German and Serbian. All the tools are copyright free, and can be downloaded free of charge from the project website, which also contains information about upcoming training sessions (http://arktos.be/bounce).
Presented and discussed in RAN meeting Please note that to be included in the Collection, the practice is preferably nominated through one of the RAN meetings. Add name of the RAN Working Group/event, date, place and subject of meeting.	Two interactive RAN Prevent workshops, 3-4 March 2015, Manchester Two interactive RAN workshops, 2015, Amsterdam RAN, 2016, Prague RAN, 2016, Vienna RAN, 2016, Kick-off meeting YF&C in Munich RAN, 2018, Lisbon, The contribution of primary education to the prevention of radicalisation. A realistic and optimistic perspective RAN EDU Working Group, 2019, Warsaw RAN, Schools and challenging far-right extremism, 2019, Berlin Webinar RAN, Youth & Education meeting (post)COVID narratives that polarise, 2020

Linked to other EU initiatives or EU funding (maximum of 100 words) Please indicate how your project was funded, if your practice is linked to other EU initiatives or projects, AND explicitly note if it is (co-) funded by the EU, and if so, by which funds? Such as Erasmus +, Internal Security Funds (ISF), European Social Fund (ESF), Horizon 2020, etc.	'Innovative Method and Procedure to Assess Counter-violent-radicalisation Techniques in Europe' (IMPACT Europe) evaluation. BOUNCE works closely with the AMIF Mobile Team (presented at RAN multi-agency München, 2021) and the AMIF Family Support projects. The aim is to unify these projects on prevention of radicalisation in Belgium (so outside the scope of the project for which BOUNCE was active in five EU Member States) into one overarching project, called 'Radix Team' (AMIF). The application is pending. Through the European Commission's Liaise II project, BOUNCE selected many pilot cities. The partner EFUS assisted in this process.
Organisation (enter maximum of 100 words and select organisation type) Please briefly describe the organisation behind the practice including the legal status e.g. NGO, governmental, limited company, charity etc.	BOUNCE is coordinated by the Belgian Federal public service of Home Affairs, and was developed in collaboration with Belgian non-profit organisation Arktos. Other
Country of origin Country in which the practice is based.	Belgium
Contact details Please provide contact details of who can be contacted within the organisation, with name and email address.	Address: Valkerijgang 26 Contact person: Tom David Email: tdavid@arktos.be Telephone: +32 486 15 49 01 Website: http://www.Arktos.be/bounce
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