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Prev@cib Program: a prevention program to prevent the intimidation through the technologies in the adolescence

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Cyberbullying is a phenomenon of growing social concern that affects an increasing number of children and adolescents from all the developed countries. The negative effects on the well-being and mental health of the victims have highlighted the need of intervention actions for preventing and eradicating this type of harassment. In this context, the objective of this communication is to present a new and innovative multimedia program for preventing the problem of cyberbullying, called "Prev@cib Program" which is applied in several schools in Spain. The purpose of this program is to prevent and eradicate the harassment among the adolescents through the technologies. The target are adolescents of both sexes, aged between 11 and 18 years. The Prev@cib Program is composed for 10 sessions with different activities which are distributed in 3 modules: (1) Information about the characteristics and the types of cyberbullying that exist, (2) Sensitization and awareness towards cyber harassment, bullying and other types of violence, and (3) Involvement of the peers in the prevention and intervention in cyberbullying, and promoting the friendship and fellowship. The key idea of this program is to educate our adolescents in the responsible and positive use of the technologies, and also to improve personal and social resources of teenagers, teachers and parents to avoid, reduce and eradicate the problems related with the traditional bullying and cyberbullying.