

# Faustlos

## Program Overview

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## Author of this description

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## Program name

Faustlos

## Country of Origin

Germany

## Implementation level of the program

National

## Type of Program

Non-evidence-based

## Description

Faustlos is a violence prevention program for kindergarten and schools. It is the German implementation of the US Second Step Program. The program aims to support the development of three specific competences: empathy, impulse control and dealing with strong emotions like anger and rage.

## Age Range

3-7 years

## Age Range Information

4 - 6 years, 7 – 12 years

## SEL Skills Targeted

Responsible decision-making, Relationship skills, Social awareness, Self-awareness, Self-management

## Sequenced Activities

Kindergarten:

The Faustlos program includes 28 lessons which are implemented in a period of 14 weeks. The lessons work on the topics of empathy promotion (12), impulse control (10) and dealing with anger and frustration (6).

The materials include photo cardboards to visualize different social situations for children. In a separate instruction booklet the individual lessons are described in detail.

The children will learn to correctly perceive the feelings of others, to adopt the perspectives of others and to react appropriately to the emotional state of others.

As part of the process to learn to deal constructively with feelings of anger, FAUSTLOS promotes the differentiated perception of these superficially negative emotions.

## Active Learning

Children are introduced to an appropriate problem-solving process in order to counteract impulsive behavior. In addition, practical exercises are given to learn various prosocial behaviors. Also, special calming techniques are introduced and practiced in a playful way.

There are two hand puppets to be used in kindergarten: a dog named Wild Willi and a snail named Calm Snail. These two animals are the main carriers of the learning content.

## Outcomes / Results

Non-evidence based

## Quality / Effectiveness

The authors of the Faustlos program have published different evaluation studies, for example in 2005 and 2010, reporting significant changes in the emotional competences and prosocial developments of children. (Schick & Cierpka, 2005; Schick & Cierpka, 2010). On the website it is written that the effectivity of the programme scientifically supported. However, Eisner and Ribeaud (2007) report in their article that some caution is needed when interpreting the claims written on the Faustlos website. In their analysis, not all the claims are statistically proven. The Green list prevention database rates the FREUNDE programme as level 2 "probable effectiveness".

## Additional Information

<https://www.h-p-z.de/faustlos-grundschule/>

<https://www.gruene-liste-praevention.de/nano.cms/datenbank/programm/27>

## References

Eisner, M., & Ribeaud, D. (2007). Markt, Macht und Wissenschaft; Kritische Überlegungen zur deutschen Präventionsforschung. In M. Eisner, & D. Ribeaud (Eds.), *Zur Evaluation von Gewaltpräventionsmaßnahmen: Drei Analysen zur Wirksamkeit von Interventionen* (pp. 3-16).

Schick, A., & Cierpka, M. (2005). Faustlos: Evaluation of a curriculum to prevent violence in elementary schools. *Applied and Preventive Psychology*, 11(3), 157-165.

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Schick, A., & Cierpka, M. (2010). Förderung sozial-emotionaler Kompetenzen mit Faustlos: Konzeption und Evaluation der Faustlos-Curricula. *Bildung und Erziehung*, 63(3), 277-292.

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## Citation

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