

What is SESAME RESIST?

SESAME RESIST is an Erasmus+ project designed to support schools in becoming safer, more inclusive, and resilient environments.

Rather than focusing only on research, the project brings practical tools and real impact into classrooms, helping students and teachers address challenges related to well-being, social cohesion, and the prevention of extremism.

At its core, SESAME RESIST promotes a culture of empathy, inclusion, and democratic values, starting from everyday school life.



A Preventive Approach to Well-being and Inclusion

SESAME RESIST introduces a Multi-Tiered System of Support (MTSS) model to strengthen school communities.

It focuses on:

- psychological well-being
- prevention of radicalization and extremism
- inclusive and democratic environments

This approach combines Positive Behavioral Support with social-emotional learning, creating a holistic system for schools.

Who is it for?

Teachers and Educators

Teachers are key actors in building inclusive environments.

The project provides tools, training, and strategies to support students' development.

Secondary School Students

Students actively participate in the project, developing critical thinking, resilience, and social awareness.

Goals

• Strengthen students' well-being and resilience

Supporting young people in developing emotional stability and the skills to face social challenges.

• Promote critical thinking and social awareness

Encouraging students to reflect, question, and engage actively with the world around them.

• Support teachers and educators

Providing practical tools, training, and resources to enhance inclusive and effective teaching practices.

• Build a European network of schools

Fostering collaboration, exchange of good practices, and long-term impact across countries.



DID YOU KNOW?

- 1,500 students will be involved
- 300 per country
- Minimum 3 schools per partner



Project Update & How the Project Works

The SESAME RESIST project officially began in December 2025 with its first Transnational Project Meeting held on 26–27 March 2026 in Wuppertal, Germany. During this meeting, partners aligned on common goals, defined roles and responsibilities, and planned the next steps, strengthening a shared commitment to meaningful impact in European schools.

The project is now entering its operational phase, which is structured around three main components:

- School-based research to explore students' well-being, experiences, and challenges, providing evidence to guide the development of targeted solutions.
- Active involvement of schools and teachers, including training activities and a dedicated MOOC to support practical skills and build a professional community of practice.
- Creation of a Digital Hub, an online platform that will collect and share innovative resources and tools to support schools.

Overall, SESAME RESIST combines research, training, and innovation to improve educational environments and support student well-being across Europe.

Looking Ahead

The project will continue with a series of international meetings and activities that will guide its development:

- November 2026 – Padua (Italy)
- June 2027 – Middelburg (Netherlands)
- 2028 – Valencia (Spain)

Each phase will contribute to testing, refining, and expanding the project's impact across partner countries.

Outputs
 SESAME RESIST will deliver practical outputs, including training materials, educational tools, and digital resources designed to support schools in fostering resilience, inclusion, and well-being.



Find us!

Partners

