

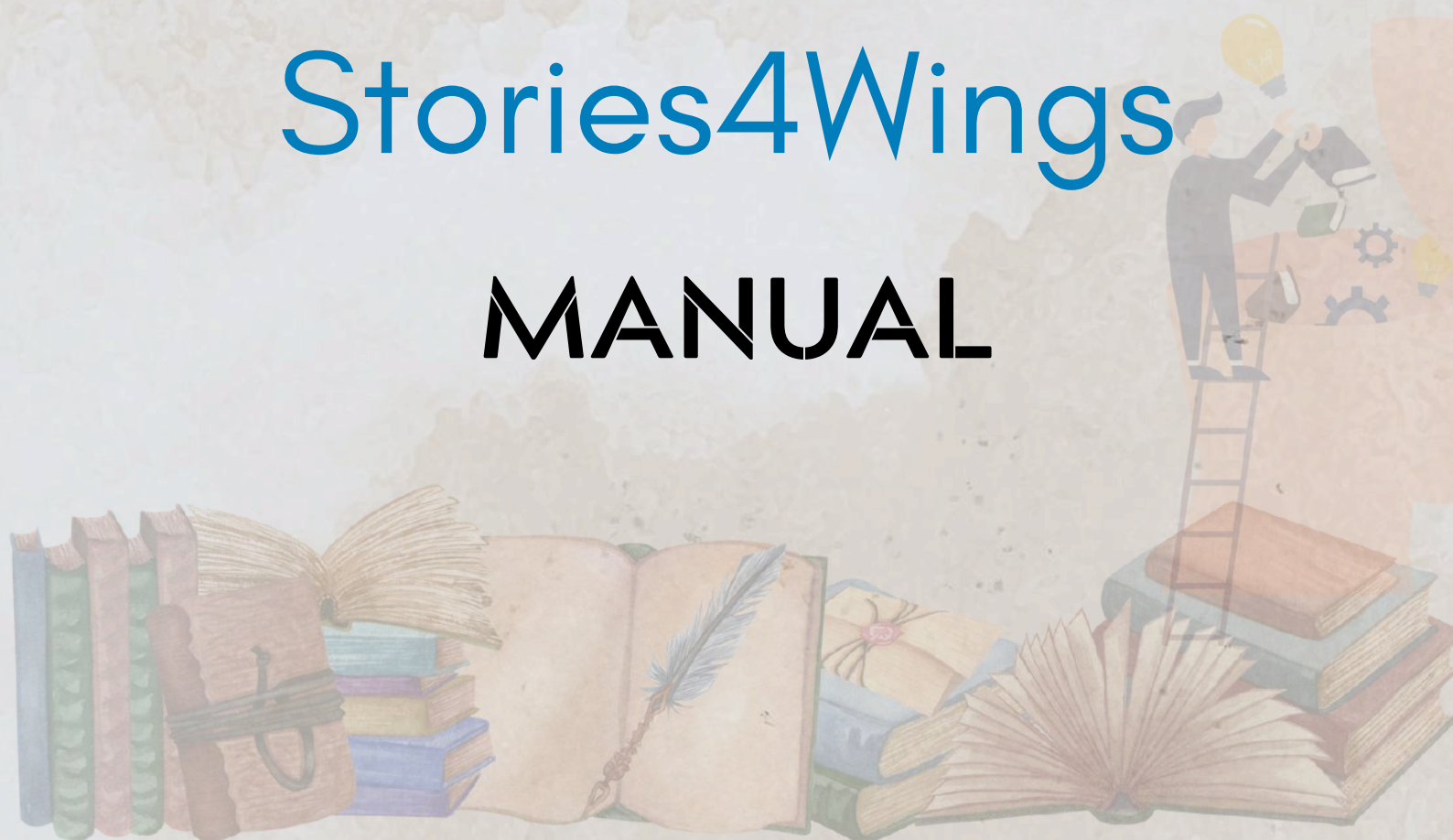


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Stories4Wings

MANUAL



**Selecting and Analyzing
Values, Skills and Competences**



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STORY-BASED METHODOLOGY

The story-based methodology was chosen because stories have a transformative power: they can motivate, teach and change attitudes and behaviours. This approach allows inmates to reflect on their own experiences and emotions, fostering empathy and understanding, and helping them develop key skills for social reintegration.

The story-based methodology results in highly useful story-based learning. Story-based learning is a non-formal teaching method through which stories and narratives are used to help students understand and remember ideas, concepts and information in which student participation and communication are promoted.

In environments where people are deprived of their liberty, such as prisons, cultural, social and emotional barriers are common. The reality of prisons is complex, but through social-based learning, inmates are involved in the process of learning the stories, so that they feel active participants in the understanding and impact of history in the present and in future decisions, and also, they are helped to critically reflect, to confront existing ideas and beliefs.

WHAT ARE THE BENEFITS OF STORY-BASED METHODOLOGY?

Using a story-based methodology has a great impact on learning. According to El Design (n.d.) and Teachfloor (n.d.), with Story-based learning has proven to have many benefits such as:

- Improved engagement
- Better retention
- Critical thinking skills through stories
- Emotional connection with the story or the protagonists
- Enjoyable and fun education
- Learning new topics and concepts
- Simplifies complex subjects

The ease of story-based learning facilitates the understanding of abstract concepts for the target group and allows participants to apply what they have learned both inside and outside the classroom. Participants will be able to draw lessons from other people's experiences through the stories told, which will help them to re-evaluate their attitudes and thoughts, encouraging them to overcome their limits.

Another benefit of this methodology is its dynamism, as it fosters active participation, aids in the development of attendees' cognitive skills through visual and emotional elements, and promotes peer-to-peer discussions, which can result in a mutually enriching exchange of ideas for both students and employees. It is also interesting to mention one of the benefits of story-based: gamification and game-based learning how the integration of game and storytelling elements harnesses the curiosity of the audience.



IMPACT

Deprivation of liberty, on many occasions, means little access to education, leaving this sector of society completely aside in terms of personal and professional development. Learning in this context is a fundamental tool for human development and social reintegration. Through the selected stories we aim to achieve a positive impact that lasts over time, allowing the inmates to connect emotionally with the protagonists and the situations narrated, seeing themselves reflected in the experiences that are told.

Another vital element in the process is the implementation, as this will provide a background of complete evidence showing that education has pragmatic significance. Making application of what they have learned and the skills they have mastered will prime the inmates and help them access learning while allowing all the systems they acquired to build their chances for reintegration into the community. This practical aspect will make sure that their growth is not merely theoretical, but their very impulse for positive change.

In each of the values/competence/skill covered in the different stories, we aim to achieve a specific impact, all in accordance with the objectives of our project. These values/competence/skill do not only seek immediate change, but also lasting change, contributing to the integral growth of the participants and their social reintegration process. An impact inside and outside prison is expected for each of the values/competences/skills developed.

Finally, the success of this initiative will be measured on a real-life basis whereby the inmates are able to not only learn logic of fundamentals but be able to practice them in their social and personal interactions.



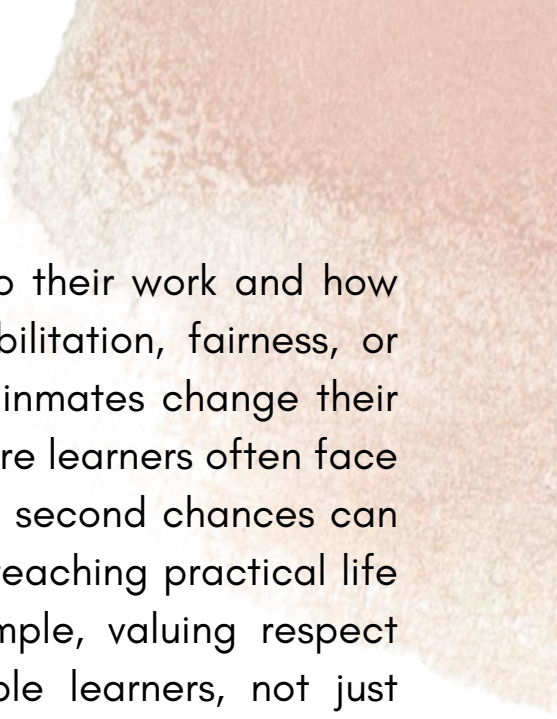
INTRODUCTION

VALUES/SKILLS/COMPETENCES

Values, competences and skills are three important factors influencing the outcome of performance in many fields such as economic, social and education is not an exception. Especially, for our project, it is crucial to integrate these 3 factors into adult education, especially for the educators who are working directly with inmates.

The three are usually combined or used altogether to create the best results, however, an understanding of their individual effect is not less integral.

Values are based on what a person or group sees as important or desirable, helping connect individual beliefs to society's norms. Values drive us and set standards, explaining "why" things matter, and are explored in ethics or social psychology as triggers for behaviour. We can easily understand that values are guiding principles (e.g., valuing precision motivates effort).



Values drive why adult educators in prisons do their work and how they approach it. Educators who value rehabilitation, fairness, or personal growth might feel motivated to help inmates change their lives through education. In a prison setting, where learners often face stigma or hopelessness, an educator's belief in second chances can shape lessons to focus on empowerment—like teaching practical life skills or encouraging self-reflection. For example, valuing respect might lead them to treat inmates as capable learners, not just offenders, building trust in a tough environment.

Competence, on the other hand, means being able to do a task well by combining thinking, practical skills, and sometimes emotions. Competence blends skills and knowledge into a bigger "what" of ability, often evaluated in education or workplace systems focused on competencies. In overall, it can be said that competence is holistic capability (e.g., solving complex math problems reliably).

Competence is the educator's overall ability to succeed in this unique context, combining their skills and knowledge. A competent prison educator doesn't just know how to teach—they understand inmates' needs, navigate the prison system, and deliver results like improved literacy or behaviour.

It's about pulling together skills (like teaching) with knowledge (like understanding trauma's impact on learning) to meet goals, such as preparing inmates for release. In practice, competence shows when they consistently get through to learners in a place where distractions, restrictions, and emotional baggage are constant hurdles.

Skill, in contrast, is a specific, noticeable ability that you gain through learning and practice.

Skills are the specific tools educators use to teach effectively in prisons. These might include practical abilities like explaining complex ideas simply, managing a classroom with diverse learners, or creating lesson plans that work with limited resources. In a prison, they might also need skills like handling conflict or adapting to strict security rules. For instance, an educator skilled at communication can break down barriers with inmates who might be sceptical or resistant, making learning more engaging despite the setting's challenges.

In prison, these three shape each other. An educator's values (e.g., believing education reduces recidivism) push them to develop skills (e.g., teaching job readiness) and build competence (e.g., running a successful vocational program). The prison context—high stakes, limited time, and complex learner needs—tests and refines all three. For example, valuing patience might lead an educator to master de-escalation skills, resulting in the competence to teach a restless group effectively.

In this context, a similar thing also happens for inmates. These three shape each other, as it happens for educators, they shape each other. For a inmates, education would be an opportunity for rehabilitation (learning new skills to improve his chances of reintegration) which will make him more motivated to acquire practical skills (such as conflict resolution techniques) and learn new competences (such as how to deal effectively with high-stress situations). For example, the competence of living in society gives inmates the opportunity to learn new values and skills through interacting with other citizens or associations.



VALUES/SKILLS/COMPETENCES

1. RESILIENCE

Resilience is the capacity to adapt successfully in the face of threat or disaster (University of Pennsylvania, 2018). It is the ability to recover from challenges and stay focused despite setbacks. Resilience is not an innate trait; it develops over time as individuals grow, improving their thinking, self-management abilities, and knowledge. Support from one's life circle such as family, friends, acquaintances, and others, as well as cultural beliefs and traditions can boost resilience, which helps people cope with difficulties in life. Some individuals possess the personality traits needed for resilience, along with the skills and strengths they've developed. Others may lack these qualities and are more likely to feel overwhelmed in challenging situations. Developing resilience is an essential skill.

Life's constant challenges require individuals to adapt, stay motivated, and keep pursuing their goals. Building resilience prepares people to face future obstacles with confidence.

A key part of developing resilience is stress management, which helps maintain well-being and performance under pressure. Resilience fosters a mindset that views difficulties as opportunities for growth, leading to long-term success and fulfilment. By strengthening resilience, individuals can handle stress, stay motivated, and achieve their goals despite challenges. Therefore, it is even more crucial for inmates to strengthen their resilience as it helps them cope with the emotional and psychological challenges of incarceration. It enables them to stay focused on personal growth and rehabilitation despite difficult circumstances. Ultimately, resilience increases the chances of successful reintegration into society after release.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF RESILIENCE

- Resilient inmates can be better equipped to cope with the stress and emotional strain of prison life, reducing the risk of depression and anxiety.
- Help inmates develop a mindset that focuses on solutions rather than problems, allowing them to navigate challenges more effectively.
- Inmates can be more likely to stay motivated to engage in educational programs, vocational training, and personal growth opportunities within prison.
- Promote healthier ways of handling stress, leading to improved emotional regulation and fewer conflicts with other inmates or staff.
- Foster hope and a sense of purpose, helping inmates believe in their ability to change and reintegrate successfully into society after their release.
- Enhance interpersonal skills, allowing inmates to form more positive relationships with fellow inmates and prison staff.
- Inmates can be more likely to engage in rehabilitation programs, which can help them build a more positive and productive future, therefore reducing the possibility of recidivism.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF RESILIENCE

- Inmates may struggle to manage the stress and emotional strain of incarceration, leading to mental health issues like anxiety, depression, or anger.
- Higher possibility of withdrawing from social interactions, leading to isolation and feelings of loneliness, which can worsen emotional well-being.
- Inmates may focus more on the difficulties of prison life, making it harder for them to adapt, grow, or see opportunities for change.
- Without the ability to manage emotions and stress, inmates may have more trouble resolving conflicts with others, leading to violent behaviour or disciplinary issues.
- Inmates may feel hopeless about personal change or improvement, reducing their motivation to engage in rehabilitation programs, education, or vocational training.
- Without the skills to adapt and overcome challenges, inmates may struggle to reintegrate into society after release, increasing the likelihood of reoffending and returning to prison.

IMPACT ON THE INMATE WHILE IN PRISON

- Help inmates handle the emotional challenges of isolation and limited freedom, allowing them to maintain mental health and emotional stability.
- Resilient inmates are better able to manage conflicts with fellow inmates or staff, reducing the likelihood of violence or disciplinary issues.
- Keep inmates motivated to engage in rehabilitation programs, educational opportunities, and vocational training, helping them work towards personal growth and future goals.
- Help inmates manage emotions such as anger, fear, or sadness, leading to better emotional control and healthier interactions with others.
- In a tough and often harsh prison environment, resilience allows inmates to adapt, find ways to thrive, and build a positive mindset despite difficult circumstances.
- Foster a sense of hope and purpose, enabling inmates to view their time in prison as an opportunity for change and personal development, rather than as a hopeless situation.
- Resilient inmates are better able to approach problems in constructive ways, making it easier to overcome challenges in prison life.

IMPACT ON THE INMATE AFTER RELEASE

- Resilient individuals are better prepared to adjust to life outside of prison, handling the challenges of finding housing, employment, and reconnecting with family or community.
- Help former inmates manage stress, anxiety, and uncertainty as they navigate their new lives.
- Resilient individuals are more likely to stay committed to their personal goals, such as maintaining a job, staying out of trouble, or furthering their education, despite the challenges they may face.
- Help former inmates resist the temptation to return to old habits or criminal behaviour, as they are more likely to see setbacks as opportunities to grow rather than reasons to give up.
- Resilient individuals can better regulate their emotions, preventing frustration or anger from derailing their efforts to stay on the right path.
- Foster better communication and problem-solving skills, which are essential for rebuilding relationships with family, friends, and society after release.
- Resilient ex-inmates are more likely to seek out and take advantage of support programs, such as counselling, job training, or mentorship, which are crucial for successful reintegration.
- By maintaining a positive outlook and continuing to adapt to new challenges, resilient former inmates are more likely to achieve long-term success and lead fulfilling lives.



2. TEAMWORKING

Teamworking refers to the collaborative efforts of individuals working together toward a common goal, where each member contributes their skills, knowledge, and effort. It involves communication, mutual support, and coordination, with each person depending on others to complete their part effectively.

The key elements of teamwork include cooperation, respect, trust, problem-solving, and shared goals. It fosters a sense of accountability and collective responsibility, encouraging individuals to manage differences and work towards a common outcome.

Adult education in prison can greatly benefit from incorporating teamwork, offering inmates the opportunity to develop essential life skills, enhance their learning, and promote personal growth.

Teamwork in an educational setting allows inmates to build communication, cooperation, and conflict-resolution skills, which are vital for rehabilitation. It also helps inmates develop confidence and emotional resilience, preparing them for reintegration into society after release.

By applying teamwork principles, prison education programs not only improve learning experiences but also provide inmates with the skills necessary to succeed socially and professionally post-release.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF TEAMWORKING

- Help people in prison develop social skills like active listening, empathy, and collaboration, which are essential for reintegration into society.
- Being part of a team teaches inmates to take responsibility, improving their self-discipline and accountability.
- Foster cooperation, reducing tension and promoting positive relationships, which helps maintain peace in prison and beyond.
- Improve inmates' ability to solve problems and resolve conflicts, preparing them for future challenges.
- Successful teamwork leads to feelings of pride and accomplishment, boosting inmates' self-esteem and confidence.
- Team activities help inmates acquire new vocational, educational, and personal skills, enhancing their chances of employment or further education after release.
- Prepare inmates for reintegration by teaching them how to collaborate in structured environments, similar to real-world work situations.
- Provide emotional support, reducing isolation and fostering a sense of belonging, which aids in mental health and rehabilitation.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF TEAMWORKING

- Lack of interaction can worsen loneliness and mental health issues.
- There are fewer opportunities to develop essential skills like listening and conflict resolution.
- Without team roles, inmates may struggle with accountability and self-discipline.
- The absence of cooperation can lead to rivalry and tension within the prison.
- Without team success, inmates may miss chances to build self-esteem.
- Fewer opportunities to learn vocational or social skills, limiting post-release opportunities.
- Lack of teamwork experience makes adapting to social and work environments harder after release.
- Without a team, inmates may feel neglected and struggle with emotional challenges.

IMPACT ON THE INMATE WHILE IN PRISON

- Help inmates develop communication, active listening, and empathy, which are crucial for positive interactions both inside and outside prison.
- Working as part of a team encourages responsibility for their actions, boosting self-discipline and accountability, essential for rehabilitation.
- Help reduce rivalries and tensions, fostering a more peaceful prison environment.
- Success in team efforts boosts inmates' confidence and self-worth, encouraging them to continue making positive changes.
- Collaborating with others allows inmates to develop problem-solving abilities and conflict resolution skills, useful for future challenges.
- Provides opportunities to learn new vocational, educational, and interpersonal skills, increasing their employability and readiness for reintegration.
- Being part of a team offers emotional support and camaraderie, helping inmates feel less isolated and more connected to others.
- Teamwork mimics real-world work environments, helping inmates develop the skills needed for successful reintegration into society and the workforce.

IMPACT ON THE INMATE AFTER RELEASE

- They've developed key social skills like communication, empathy, and collaboration, which help them build positive relationships and reintegrate into society.
- The accountability learned through teamwork helps them take ownership of their actions in their personal life, work, and community.
- The problem-solving and conflict-resolution skills developed in prison help them navigate challenges in their new environment without resorting to aggression or isolation.
- Teamwork experiences provide transferable skills such as cooperation, leadership, and time management, making them more attractive to employers.
- The positive experiences of working successfully in teams boost their confidence, helping them face new challenges after release.
- The bonds formed through teamwork provide emotional support and a sense of belonging, which can reduce the risk of recidivism.
- The experience of working in teams within prison prepares them for workplace dynamics, where collaboration is often key.
- By developing essential life skills and emotional resilience through teamwork, former inmates are better equipped to handle life post-release and reduce the likelihood of reoffending.



3. ABILITY TO COPE WITH SOCIAL EXCLUSION

Studies have shown that society's prejudiced attitudes towards inmates slow down the process of adapting to social life and reduce the success rate after release. Socially excluded ex-offenders are more likely to reoffend and return to prison after release. Community support helps inmates make a fresh start after their release and stay away from crime. inmates need the second chance that society gives them. inmates need social work services from the moment they enter prison until they are released. These requirements can apply to both the pre-conviction and post-release life of a inmates.

These needs are: financial support, family relations, medical services, educational activities, social activities, housing, employment, family integration and social life.

Improving these needs can make a positive difference in a inmates's life. It is very important to meet the social support and acceptance needs of inmates to prevent them from engaging in crime and to enable them to become useful people who can stand on their own feet after release.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF ABILITY TO COPE WITH SOCIAL EXCLUSION

Developing this skill can bring about the following positive results:

- The chance to rejoin social life with family support, having the opportunity to struggle with difficulties not alone but with family support.
- To be able to benefit from educational services equally with other individuals,
- Having the opportunity to develop one's business and friendship circles by participating in social activities,
- Having a house where she/he can live and meet her/his shelter, food and beverage needs.
- By starting to work, he/she can achieve financial freedom and continue his/her life without being dependent on others.
- Being reunited with his/her family, or having the opportunity to continue his/her life by starting a family.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF ABILITY TO COPE WITH SOCIAL EXCLUSION

The following problems may be likely to occur:

- Having to deal with the problems that may arise in terms of participation in society on her own, without family support, and the new problems that this situation will create.
- Not being able to benefit from educational opportunities as much as other members of society, having difficulties in keeping up with changing conditions.
- The isolation that may arise due to not participating in social activities and the loneliness that this situation will cause.
- The emergence of homelessness and the re-involvement in crime that comes with living on the streets can lead to many negative situations.
- To find money to live on, she/he must do jobs or commit crimes again.
- Possibility of increasing social exclusion due to situations such as loneliness and participation in criminal organizations.

IMPACT ON THE INMATE WHILE IN PRISON

- Developing Relationship Skills: It contributes to the development of empathy, effective communication, setting boundaries and conflict resolution skills.
- Reduced feelings of loneliness and isolation: The development of the ability to connect and communicate with other people and to cope with feelings of loneliness.
- Coping with Depression and Anxiety: Being able to prevent the emergence of possible depression problems.
- Dealing with Low Self-Esteem and Worth issues: Developing the ability to behave against conflicts and disconnections that may arise due to communication problems.

IMPACT ON THE INMATE AFTER RELEASE

- Faster participation in social life and achieving social acceptance in a shorter period of time with family support.
- Getting rid of additional problems that may arise from diseases in the future by benefiting from health services.
- The possibility of personal and career development through the use of educational opportunities and inclusion in the ever-changing community life and labor market.
- Achieving social harmony and acceptance more quickly through social activities.
- Involvement in family life by having a home where he can live and avoiding re-involvement in crime.
- Having a job and having the chance to continue their life independently.

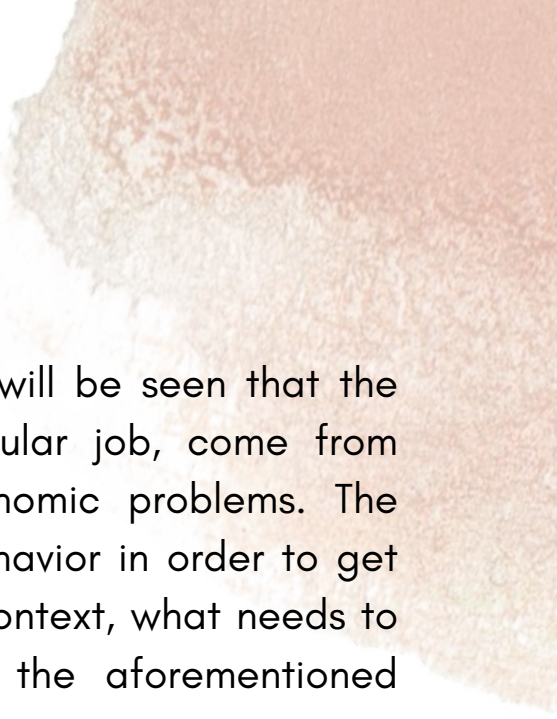


4. VOCATIONAL TRAINING, PROFESSION ACQUISITION

Throughout human history, societies have made great efforts to maintain their current functioning. This effort has resulted in individuals who disrupt social order being punished in various ways. The main purpose of the punishments has been to ensure that other individuals in society stay away from such actions that disrupt social order.

The most important action to be taken to integrate individuals defined as a risk group into society is to ensure that the individual gains vocational skills in line with a certain education and creates added value for the economy. The contemporary understanding of execution, which aims to reintegrate convicts into society and support their participation in employment within the framework of the principle of equal opportunities, constitutes a vision for projects that aim to prepare convicts for social life in psychological, professional and economic terms.

Ultimately, crime is a product of social interaction. Therefore, the criminal is not a sick person, with some exceptions, but a normal person. In this context, the question that needs to be asked is: "Who does not follow the rules and for what reasons?" The answer to this question helps understand the functioning of society and develop social policies that can solve social problems.



When the research findings are examined, it will be seen that the majority of the inmates do not have a regular job, come from problematic families and struggle with economic problems. The variables mentioned lead them to criminal behavior in order to get out of the bad conditions they are in. In this context, what needs to be done to combat crime is to eliminate the aforementioned preconditions.

In other words, while the individual is being provided with the opportunity to gain social support, the individual is also provided with the opportunity to be financially self-sufficient. While working at a job is a necessary financial resource for a person to continue their life, it can also be considered as a resource mechanism that creates a sense of adequacy for the person. It should be taken into consideration that thanks to a person's job; in addition to making a living, feeling like they belong somewhere and are sufficient, it also provides the person with an identity and status.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF VOCATIONAL TRAINING, PROFESSION ACQUISITION

The possible outcomes that may arise are as follows:

- Maintaining physical and mental health.
- Purification from feelings of guilt.
- Adaptation to social life.
- Avoiding repeating crimes.
- Developing a sense of responsibility towards family and society.
- Gaining economic independence.
- To be able to provide for herself/himself and her/his family.
- To continue living as a productive member of society.
- Increase in self-confidence.
- Coping with feelings of fear and helplessness.
- reduced sense of hopelessness about the future.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF VOCATIONAL TRAINING, PROFESSION ACQUISITION

Negative consequences that may arise may include:

- Having trouble reintegrating into society.
- Increasing risk of recidivism.
- Failure to comply with the law and act accordingly.
- Deterioration in physical and mental health.
- The disappearance of the sense of responsibility towards family and society.
- The result of not being able to provide for one's family.
- Loss of economic independence.
- Inability to purge feelings of guilt.
- Inability to become a productive member of society.
- Loss of sense of adequacy.
- Disappearance of the feeling of looking to the future with hope.

IMPACT ON THE INMATE WHILE IN PRISON

The possible effects on inmates will be as follows:

- It will contribute to protecting their physical and mental health.
- It will contribute to the personal development of the inmates.
- It will contribute positively to the development of a sense of responsibility towards his/her family and society.
- It will contribute to the development of communication and cooperation skills.
- It will help them feel like they belong somewhere and are sufficient.
- It will make a positive contribution to reducing the feeling of loneliness.
- It will cause an increase in the inmates's self-confidence.
- It will contribute to reducing feelings of fear and helplessness.
- It will prevent the emergence of situations of irresponsibility and alienation.

IMPACT ON THE INMATE AFTER RELEASE

The following negative situations are likely to occur:

- Increased feelings of loneliness, fear and helplessness.
- Lack of self-confidence.
- Increased fear of the unknown.
- Distrust of authority.
- Loss of hope for the future.
- Decreased sense of self-worth.
- Irresponsibility and alienation.
- Aggression and ruthlessness.
- Disruption of sense of identity and hypersensitivity.
- The emergence of hallucinations, paranoia, suicidal behaviors.
- Problems with communication and interaction.
- Emergence of indifference and emotional unresponsiveness.



5. SELF-AWARENESS

Self-awareness is the ability to recognise and understand one's thoughts, needs, values and behaviour, as well as the effects they have on oneself and others. It is a process that allows one to develop a deep understanding of one's identity, strengths and areas for improvement, facilitating more conscious choices and greater self-regulation.

Main elements are:

- Understanding and naming one's emotions, distinguishing between temporary emotions and more lasting moods.
- Self-assessment and knowledge of one's strengths, talents and skills, as well as weakness.
- Being aware of what is important to oneself, understanding what motivates one's choices and actions.
- Awareness of one's own behaviour and its impact on others, realising how one's actions affect other people, adapting the behaviour to improve interpersonal relationships.
- Avoid overly harsh or indulgent judgement of oneself, cultivating a healthy confidence in
- Coping with stress and difficulties with resilience.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF SELF-AWARENESS

- Self-awareness enables one to recognise and manage one's emotions more effectively, adopting functional behaviour in different situations.
- This competence makes it easier to adapt one's behaviour according to contexts.
- With greater self-awareness, people can build healthier relationships, communicate more effectively, and handle challenges with resilience.
- In the workplace, it enhances leadership skills, fosters adaptability, and improves teamwork by promoting empathy and self-reflection.
- Self-awareness encourages continuous personal growth, helping individuals align their actions with their values and goals.
- Self awareness is a key factor in achieving success, fulfillment, and overall well-being.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF SELF-AWARENESS

- Without a clear understanding of one's emotions, strengths, and weaknesses, individuals may struggle to make informed decisions, build healthy relationships, or manage stress effectively.
- Poor self-awareness can lead to repeated mistakes, conflicts with others and a lack of personal growth.
- In the workplace, poor self-awareness can lead to ineffective leadership, miscommunication, and difficulty in adapting to feedback.
- Not being self-aware can prevent individuals from reaching their full potential and living a fulfilling life.

IMPACT ON THE INMATE WHILE IN PRISON

- Helps inmates take responsibility for their past actions and work towards personal growth and rehabilitation by supporting them in understanding their emotions, behaviour and thought patterns.
- Enables them to manage stress, resolve conflicts more effectively and develop empathy towards others and build more fulfilling relationships.
- Promotes the rehabilitation process by improving the relationship with educational staff.
- Promotes emotional resilience, personal transformation and a greater chance of reintegration into society.
- Helps inmates maintain personal and family relationships outside the prison setting
- Helps facilitate vocational orientation and job placement

IMPACT ON THE INMATE AFTER RELEASE

- It helps reduce the risk of reoffending, as people who understand their triggers and motivations are better equipped to make positive life choices.
- Fosters more job opportunities
- developing self-discipline and communication skills that improve employability. It also enables one to make career choices in line with one's interests and inclinations.
- Helps to plan a long-term life path, improving decision-making by understanding past mistakes.
- Improves emotional regulation, helping to manage stress, anger and frustration more effectively after release.
- Helps build stronger, more positive bonds with family, friends and community and create more functional relationships. Where necessary, allows for the repair of family relationships that often become frayed with imprisonment.



6. ACTIVE CITIZENSHIP

Active citizenship is the ability of an individual to participate consciously, responsibly and purposefully in the life of the community, contributing to the collective well-being and to the protection of civic rights and duties. It is manifested through social, political, economic and cultural engagement, with the aim of improving the society in which one lives.

This competence implies:

- To be familiar with the constitution, laws and democratic institutions and informed about fundamental rights and individual responsibilities towards the community.
- To act in accordance with the rules and promoting a culture of legality.
- To participate in voluntary and solidarity activities, promoting initiatives for social inclusion and environmental protection.
- To develop critical thinking and ethical responsibility, analysing information independently and critically; countering misinformation and social injustice.
- To recognise the value of diversity and mutual respect, fight cultural and social discrimination.
- To adopt responsible behaviour towards the planet, promoting environmental protection actions and conscious consumption.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF ACTIVE CITIZENSHIP

- The competence of active citizenship fosters a greater awareness of the rights and duties of citizens and the means with which they can protect and claim their rights.
- It implies the enhancement of an individual's sense of responsibility towards the community through respect for the law, the common good and the rules of civil coexistence, actively contributing to the well-being of the community.
- Being an active citizen improves critical thinking skills, allowing you to effectively analyze social and political issues.
- Through active citizenship, you strengthen your ability to clearly express your opinions and ideas, improving your communication and leadership skills.
- It also has a positive influence on your self-image and sense of personal fulfillment because it allows you to contribute to causes that are meaningful to you and others.
- It therefore influences personal growth and self-confidence thanks to the ability to be more proactive, responsible and committed.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF ACTIVE CITIZENSHIP

- Lack of active citizenship skills may make reintegration into society more difficult due to the difficulty in adapting to social norms and responsibilities after release.
- Without a sense of civic responsibility and less concern for the common good, the likelihood of returning to crime after release increases.
- Poor conflict management skills may lead to increased chances of violence, misunderstandings and disciplinary problems in prison.
- Increased isolation with increasing feelings of marginalisation and lack of a support network, both during detention and after release due to a lack of ability to build positive social relationships.
- Without a sense of civic responsibility and less concern for the common good, the likelihood of returning to crime after release increases.
- Poor conflict management skills may lead to increased chances of violence, misunderstandings and disciplinary problems in prison.
- Increased isolation with increasing feelings of marginalisation and lack of a support network, both during detention and after release due to a lack of ability to build positive social relationships.

IMPACT ON THE INMATE WHILE IN PRISON

- Fostering the development of better relationships in prison by effectively managing conflicts, fostering the ability to manage encounters between different cultures and languages.
- Contributes to increased engagement in rehabilitation programmes through active participation in education, vocational training and personal development.
- Helps improve self-discipline by adopting habits that promote personal growth and a positive mindset.
- Prepares the inmates for social reintegration by enabling the acquisition of knowledge about rights, responsibilities and expectations of society.
- Promotes mental and emotional well-being through the development of a sense of purpose and belonging, helping to reduce stress and frustration.

IMPACT ON THE INMATE AFTER RELEASE

- Helps strengthen various skills that improve job opportunities and integration in the workplace (the ability to work in a team, build a sense of belonging, etc.)
- Helps develop the ability to establish positive social relationships e.g. building positive relationships with neighbours and community members by strengthening support networks.
- Increases willingness to actively participate in community initiatives through local projects or volunteering. This also overcomes the sense of isolation one may feel after release by fostering the building of support networks.
- Improved conflict resolution skills, handling disagreements constructively and peacefully.
- Greater financial independence: learning to budget, manage finances legally and make responsible economic decisions.
- Increased political and social awareness: understanding policies, voting rights and advocacy opportunities.
- Increased personal empowerment and self-esteem, feeling valued and able to make a positive impact.

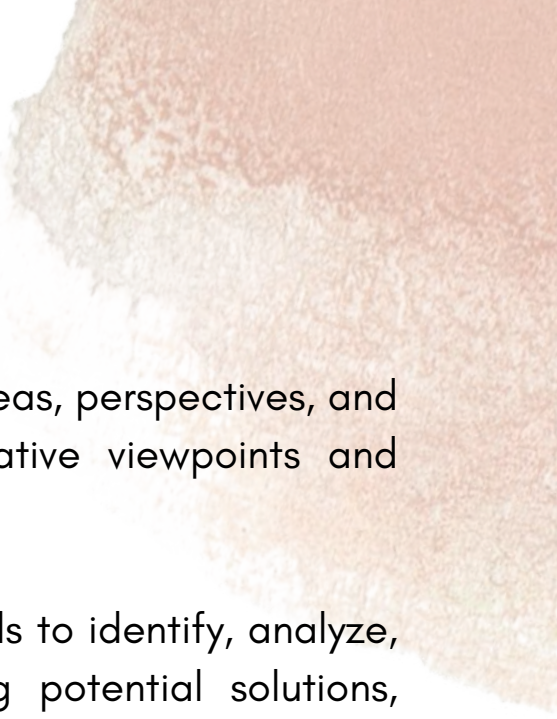



7. CRITICAL THINKING

Critical thinking is the objective analysis and evaluation of an issue to form a judgment. It involves the ability to think clearly and rationally, understanding the logical connection between ideas. Critical thinking is essential for problem-solving, decision-making, and the ability to evaluate arguments and evidence.

The main aspects of critical thinking are:

- Analysis: Breaking down complex information into smaller parts to understand its structure and meaning. This involves identifying the main ideas, arguments, and evidence presented.
- Evaluation: Assessing the credibility, relevance, and strength of arguments and evidence. This includes distinguishing between fact and opinion, recognizing biases, and determining the reliability of sources.
- Inference: Drawing conclusions based on the available information and evidence. This involves making logical connections between ideas and predicting outcomes or implications.
- Explanation: Clearly and concisely articulating one's reasoning and conclusions. This includes providing a rationale for decisions and justifying the steps taken to reach a conclusion.
- Self-regulation: Reflecting on one's own thought processes and being aware of personal biases and assumptions. This involves being open to changing one's mind in light of new evidence and being willing to reconsider conclusions.

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- Open-mindedness: Being receptive to new ideas, perspectives, and information. This includes considering alternative viewpoints and being willing to challenge one's own beliefs.
 - Problem-solving: Applying critical thinking skills to identify, analyze, and solve problems. This involves generating potential solutions, evaluating their feasibility, and implementing the best course of action.
 - Curiosity: Having a desire to learn and understand more about a subject. This involves asking questions, seeking out new information, and being motivated to explore different aspects of an issue.
 - Creativity: Thinking outside the box and generating innovative solutions. This involves combining ideas in new ways and approaching problems from different angles.
 - Communication: Effectively conveying ideas and arguments to others. This includes listening actively, presenting information clearly, and engaging in constructive dialogue.
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CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF CRITICAL THINKING

- Critical thinking helps you make better decisions by evaluating all available information and considering multiple perspectives.
- By analysing problems, you can identify effective solutions more efficiently.
- Being able to clearly articulate your reasoning and thought process improves communication with others, fostering better understanding and collaboration.
- It encourages self-awareness, leading to more objective and impartial conclusions.
- Analysing and synthesizing information can lead to greater creativity.
- Critical thinkers are more likely to take responsibility for their decisions and actions, as they have thoroughly considered the implications and consequences.
- Critical thinking skills contribute to deeper understanding and retention of information, making learning more effective and meaningful.
- Clear and rational communication, along with empathy and open-mindedness, can lead to healthier and more constructive interpersonal relationships.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF CRITICAL THINKING

- Without critical decisions may be based on incomplete or inaccurate leading to undesirable outcomes.
- Individuals who do not think critically are more likely to fall for fake news, propaganda, and scams, as they do not question the credibility of information sources.
- Lack of critical thinking can hinder the ability to identify root causes of problems and develop effective solutions.
- Individuals may only seek out information that confirms their preexisting beliefs, leading to a narrow and skewed perspective.
- Poorly reasoned arguments and lack of clear articulation can result in misunderstandings and conflicts.

IMPACT ON THE INMATE WHILE IN PRISON

- Critical thinking encourages self-reflection and personal development. Prisoners will be more likely to understand the consequences of their actions and take responsibility for that they have done.
- Critical thinking helps individuals evaluate situations more objectively and consider long-term consequences. This can lead to better decision-making and gain control over their lives while incarcerated.
- Prisoners who develop critical thinking will perform better in educational programs, vocational training, and other rehabilitative activities in prison.
- Critical thinking can improve relationships with family, peers, and authorities. They may positively influence their peers contributing to a more supportive prison environment.
- Critical thinking can help de-escalate conflicts and promote peaceful interactions among inmates and with staff.

IMPACT ON THE INMATE AFTER RELEASE

- **Reduced Recidivism:** Critical thinking helps former inmates make better decisions and avoid risky behaviours and reduces the possibility of reoffending and returning to prison.
- **Improved Reintegration into Society:** Critical thinking skills can help former inmates navigate challenges such as finding employment, rebuilding relationships, and adapting to societal norms, making reintegration smoother.
- **Improved Employment Prospects:** Critical thinking is a highly valued skill in the workplace. Former inmates with these skills are better equipped to solve problems, adapt to new situations, and communicate effectively, making them more employable.
- **Better Decision-Making and self-confidence:** After release, individuals face numerous challenges, such as finding housing, rebuilding relationships, and managing finances. Critical thinking enables them to evaluate options, weigh consequences, make informed choices and shaping their futures and overcoming obstacles.
- **Positive Community Contributions:** Individuals with critical thinking skills are more likely to engage in constructive activities, such as volunteering, mentoring, or participating in community programs, contributing positively to society.
- **Resilience to Negative Influences:** Critical thinking helps individuals resist peer pressure and avoid criminal influences. By doing this they can break the cycle of crime and incarceration.



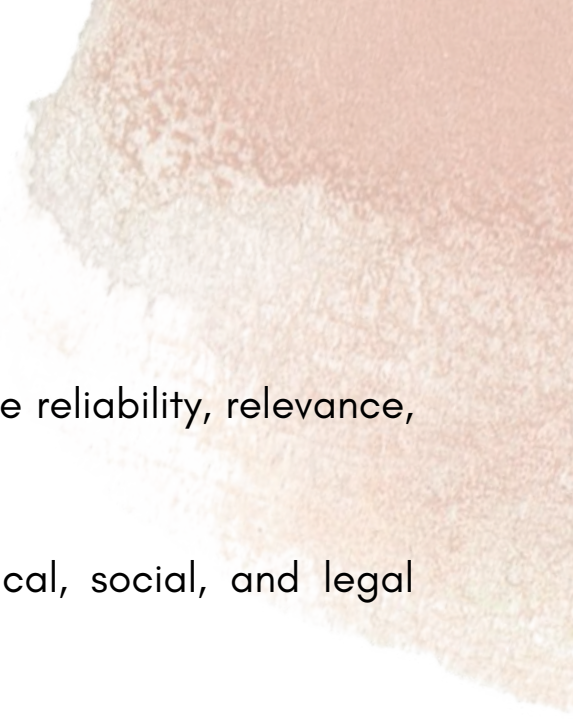
8. TECHNOLOGY LITERACY

Technology literacy refers to the ability to effectively and responsibly use, understand, evaluate, and interact with technology. It involves not only the technical skills to operate devices and software but also the critical thinking and ethical awareness to navigate the digital world. Technology literacy is essential in today's technology-driven society, as it enables individuals to access information, solve problems, communicate, and participate in a rapidly evolving digital landscape.

Technology literacy empowers individuals to be informed, responsible, and effective users of technology in personal, educational, and professional contexts.

Technology literacy goes beyond basic computer skills. It implies:

- Technical proficiency: The ability to use hardware, software, and digital tools.
- Cybersecurity Awareness: Understanding the importance of protecting personal and sensitive information online. Recognizing common cyber threats (phishing, malware, hacking, etc.).

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- Critical thinking: The capacity to evaluate the reliability, relevance, and impact of technology.
 - Ethical awareness: Understanding the ethical, social, and legal implications of technology use.
 - Adaptability and life-long learning: The ability to learn and adapt to new technologies as they emerge.
 - Digital Citizenship: Understanding responsibilities in the digital world and promoting positive and respectful online interactions.

CONSEQUENCES OF APPLYING THE VALUE/SKILL/COMPETENCE OF TECHNOLOGY LITERACY

Applying technology literacy leads to empowerment, efficiency, innovation, and responsible use of technology, enabling individuals to thrive in a digital world.

Consequences of applying technology literacy:

- Enhanced Productivity and Efficiency. Individuals can use digital tools to streamline tasks, automate processes, and save time.
- Improved Access to Information. Technology-literate individuals can effectively search for, evaluate, and use information from reliable sources. This leads to better decision-making and problem-solving.
- Better Communication and Collaboration. Technology literacy enables effective use of digital communication tools (email, video conferencing, messaging apps).
- Increased Opportunities. Technology literacy opens doors to educational, career, and entrepreneurial opportunities. It allows individuals to participate in the digital economy and access online learning resources.

- Critical Thinking and Informed Decision-Making. Technology-literate individuals can evaluate the credibility of online information and avoid misinformation.
- Cybersecurity and Privacy Protection. Understanding cybersecurity helps individuals protect their personal data and avoid online threats like phishing, hacking, and identity theft.
- Ethical and Responsible Use. Technology-literate individuals understand the ethical implications of their actions online, such as respecting intellectual property and avoiding cyberbullying.
- Adaptability and Lifelong Learning. Technology-literate individuals are better equipped to adapt to new tools and technologies as they emerge.
- Innovation and Creativity. Technology literacy fosters creativity by enabling individuals to use digital tools for content creation, problem-solving, and innovation. It encourages experimentation and the development of new ideas.
- Digital Inclusion. Applying technology literacy promotes equal access to digital resources and opportunities, reducing the digital divide. It ensures that marginalized groups can participate in the digital world.

CONSEQUENCES OF NOT APPLYING THE VALUE/SKILL/COMPETENCE OF TECHNOLOGY LITERACY

Not applying technology literacy results in missed opportunities, vulnerability to risks, inefficiency, and exclusion from the benefits of technology.

Consequences of Not Applying Technology Literacy:

- Limited Access to Information and Opportunities. Without technology literacy, individuals may struggle to find, evaluate, and use information effectively. They may miss out on educational, career, and social opportunities available online.
- Inefficiency and Reduced Productivity. Lack of technology literacy can lead to inefficient use of tools and resources, resulting in wasted time and effort.
- Vulnerability to Cyber Threats Individuals who lack technology literacy are more susceptible to online scams, phishing attacks, malware, and identity theft. They may not know how to protect their personal information or secure their devices.

- **Misinformation and Poor Decision-Making.** Without the ability to evaluate online information critically, individuals may fall victim to misinformation, fake news, or biased content.
- **Social and Professional Isolation.** In a digitally connected world, a lack of technology literacy can lead to isolation from social networks, professional communities, and global conversations. Individuals may struggle to communicate or collaborate effectively in digital spaces.
- **Ethical and Legal Risks.** Ignorance of digital ethics can lead to unintentional violations, such as plagiarism, copyright infringement, or cyberbullying.
- **Resistance to Change.** Without technology literacy, individuals may resist adopting new technologies, hindering personal and professional growth. This can lead to stagnation and an inability to compete in a technology-driven world.
- **Economic Disadvantage.** A lack of technology literacy can limit job prospects and earning potential, as many roles now require digital skills. It can also hinder participation in the gig economy or online entrepreneurship.
- **Digital Exclusion.** Individuals without technology literacy may be excluded from essential services, such as online banking, healthcare, or government services.

IMPACT ON THE INMATE WHILE IN PRISON

The impact of technology literacy is quite limited in prisons because they are low-tech environments and access to the internet is almost non-existent.

Nevertheless, inmates should receive training on it so they are ready for reintegration after release.

If the prison has technological facilities, they can have a great impact on the inmate:

- Access to Educational Opportunities: Technology enables inmates to access online courses, vocational training, and educational programs, even while incarcerated.
- As society becomes increasingly digital, technological literacy ensures that inmates are not left behind and can participate fully in everyday activities from within prison.

IMPACT ON THE INMATE AFTER RELEASE

Technological literacy has the potential to transform the lives of inmates by equipping them with essential skills, improving their mental health, and preparing them for life after incarceration.

- Skill Development for Employment: It increases employability post-release, reducing the likelihood of unemployment and recidivism.
- Increased Digital Citizenship and Responsibility: Reduces the risk of cybercrime and promotes positive digital behavior post-release.
- Reduced Recidivism: By providing inmates with skills, education, and support, technological literacy addresses some of the root causes of criminal behavior. It lowers the likelihood of reoffending.



CONCLUSION

The Stories for Wings project has shown the deep influence storytelling can have in the penitentiary centre. In providing a story-based approach, we have allowed inmates to unpack their identity, reflect on their journey, and work on values and competences to enhance their development and reintegration into society. During this work, the participants were able to enhance elements such as resilience, teamwork, and critical thinking, while also regaining their voice and seeing new ways to move forward. These stories can be seen as more than reflections, but instead as the elements of transformation, hope, and change.



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