



Education and Culture DG

Lifelong Learning Programme



Lifelong Learning Key Activity 1 project

I am not scared

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# EUROPEAN STRATEGY TO COMBAT SCHOOL BULLYING

*When bullying occurs **collaboration among all members of the school community** (students, teachers, parents) to jointly tackle such problems is necessary, as well as the reference to **experts**.*

*The degree of involvement of each member is associated with the severity, frequency and intensity of bullying. It is necessary to help schools establish effective **bullying prevention and intervention programs**, which not only consider the best practices but also take into consideration the cultural and socio-economic features of the country.*

**A dedicated state policy on prevention of violence in schools is still missing in EU countries.**

## Best practice tips for policy makers



- The creation of a **European Observatory** that gathers all the information about the cases of bullying and common strategies
- Give schools a **model anti-bullying policy**
- Include bullying in syllabus designs for **training courses for teachers**,
- Develop **intervention and prevention protocols**.
- Develop **school partnerships with other local institutions**
  - Initiate **community awareness programs and social campaigns** on bullying within schools.
- **interactive Web platforms** for the exchange of information, for legal and psychological support, both for families and for school and social operators.

## **'Best Practice tips' for school directors / head teachers.**

- Head teachers should ensure a safe and supportive school environment with **shared values**.
- **communication between parents and teachers**
- Head teachers should ask the help of **external specialists and trainers** to implement the anti-bullying policy.
- Head teachers should increase **supervision** during and after classes (break, lunchtime).
- Head teachers should motivate the **teaching teams to carry out new pedagogical projects.**
- **a certificate to prove the acquisition of good interaction skills (profitable coexistence among peers)**

## 'Best Practice tips' for teachers

- Know your students well.** (it is easier to note individual behavior changes)
- listen to the students** without blaming them but encouraging them
- Make Consequences of bullying Clear** - an effective strategy for schools
- Organize **additional work** for children who behave not according to school roles.
- Monitor the students,**
- **collaboration between parents-children-teachers.**



### **“Best Practice tips” for parents of the victims.**

- monitor your child’s behaviour and **look for signs** (ripped clothing, reluctance about going to school, reduced appetite, nightmares, crying, depression).
- encourage them to talk and **ask them how peers treat them.**
- let your child know you will help him/her** until the problem is solved.
- Be involved in their school life – **maintain regular contact with the teacher.**
- **Do not automatically blame the school.**

### **Best practice tips for bullies’ parents.**

- Try **not to show any anger** or to take a defensive attitude.
- Make them realise that there are **consequences** for their improper behaviour
- Reward your child when he/she behaves well** and, above all, provide them with opportunities to behave well.
- Help them to find **non-aggressive ways of reacting** to the actions of others.



### “Best Practice tips” for students:

- Do not show that you are humiliated and **do not cry**
- **go to the social counsellor, teacher** whom you trust or psychologist to get advice from her/him
- Try asking how bullies would feel if somebody bullied his/her little sister or brother;
- Don't respond to violence with violence.
- develop positive relationships with his peers. Often bullies are people with a very low self-esteem. They have no confidence in their abilities.

## “Best Practice tips” for school counsellors

- **Assist both the bully and the victim.**
- Schools should activate as in the UK a **STUDENT SUPPORT DEPARTMENT** to control students during the break and at lunchtime.
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- participate at student discussions, to ask for advice
- **Offer psychological support outside the school office**
- **Search for collaboration with active parents**
- **Do not hide important information from teachers**
- **organise courses for teachers**



Thank you!

