



Remote  
Health



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Course Materials

# Stop the bullying!

Prevention and action strategies  
in school





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- What is Bullying?
- Bullying in school
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## What is bullying?





Bullying is a subtle form of violence. Bullying is not a single act, but a series of recurring attacks.





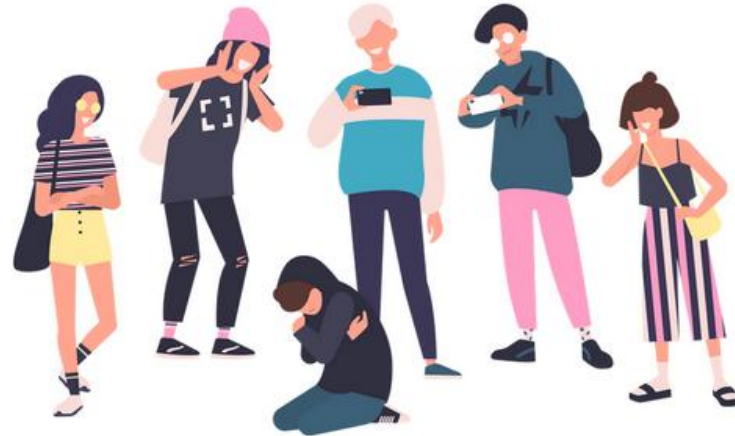
## Characteristics of bullying

- ☞ The victim is deliberately harmed.
- ☞ The negative actions occur repeatedly and cause lasting damage to the victim.
- ☞ There is an imbalance of power so that the person affected is unable to free themselves from the bullying situation on their own.





## Bullying in school





## Special characteristics of bullying in school

### Dynamics:

- ☞ At school, it can sometimes be difficult to defend yourself against bullying or to get out of stressful situations.
- ☞ Perhaps you have also found yourself in situations where it was difficult to defend yourself





## Special characteristics of bullying in school

### Peer pressure:

- Bullying is often fuelled by group dynamics in which bystanders or followers play an important role.
- You may have felt pressure to join the group or not to take action against the bullying.
- It is important to know that you are not alone and that there are ways to find support.







## Special characteristics of bullying in school

### Influence of teachers and school administration:

- ☞ When bullying happens at school, the response of teachers and school administrators plays a big role.
- ☞ It can be difficult to deal with these situations, but remember, it's important to turn to your teachers if you need help.
- ☞ They are there to help you and make the classroom a safe place.





## Special characteristics of bullying in school

Effects on the learning environment and the community:

- Bullying can take a toll on the classroom and community.
- It may be difficult to concentrate in class when such situations occur and this affects everyone in the class.





## Special characteristics of bullying in school

You may recognise some of the effects of bullying from your own experiences or from what you have observed around you.

- ⇒ Fears (school anxiety, social anxiety)
- ⇒ Physical complaints (stomach aches, headaches, sleep problems)
- ⇒ Decline in performance
- ⇒ Loss of self-esteem
- ⇒ Depression
- ⇒ Alcohol and/or substance abuse
- ⇒ Suicidal thoughts





## Prevention & intervention





## Prevention

- 1) Establish rules together to create a better environment.
- 2) Improve your communication skills to work together in harmony.
- 3) Establish ways of resolving conflicts to deal with problems quickly.
- 4) Strengthen your community through moral courage and active participation.
- 5) Recognise bullying early and intervene





## What can I do, if I'm a victim?

- ☞ **Do not stay alone:** For example, ask a friend or two to accompany you on the way to school or to stay close to you during the break
- ☞ **Keep a bullying diary:** Who did what, when and how? This will help you to document the bullying incidents and to be able to clearly point the finger of blame.





## Was kann ich als Opfer tun?

- **Build up your self-confidence:** E.g. by practising improving your communication and protecting yourself in role plays with parents or siblings.
- **Address bullies:** The bullies don't expect this. You are also publicising the bullying.
- **Involve adult authority figures,** such as your parents, class teacher or liaison teacher.





## Intervention

You have two different ways of dealing with bullying:

You can confront the bully directly and clearly demand that the bullying stops immediately or you can try to remove the bully's support system.







## Intervention

How can you deprive the offender of his support system?

- Report the bullying to the authorities
- Seek support from fellow students and friends
- Strengthen self-confidence
- Take action against bullying in the community
- Make the bullying public if necessary





## Intervention

You can also address the problem indirectly, so that you don't interact directly with the perpetrator, but support groups are formed for yourself and other affected individuals.

Together, we can support each other and strengthen the social norms in the school so that such things do not happen anymore.





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