

SCHOOL BULLYING

GUIDELINES FOR STUDENTS

Index

[Introduction](#)

1. [Understanding the complexity of the phenomenon of bullying](#)
2. [What can I do if my classmates bully me](#)
3. [Why should I ask for help](#)
4. [What can I do if someone bullies one of my classmates](#)
5. [The most effective ways to help others](#)
6. [Why should I quit if I'm bothering a classmate](#)
7. [What risks can I find using new technologies](#)
8. [What I can do if someone is cyberbullying me](#)
9. [What I can do if someone is cyberbullying a classmate](#)
10. [Netiquette: how to be polite using new technologies](#)

Introduction

The guidelines include all the actions which have to be performed in order to tackle the problem of bullying in its various aspects and facets. Students - not only in the school context, but also in their everyday network of relationships - should gain awareness of the risks and consequences of the phenomenon. The suggested guide adopts not only suggestions and possible interventions, but also experiences which have been carried out, trying, at the same time, to put this complex phenomenon into the European framework, even taking into due consideration the different existing scenarios.



Understanding the Complexity of the Phenomenon of Bullying

How can students understand the meaning and the main results of the research on the topic of bullying? Are they able to understand and recognize the different types of bullying - physical and emotional violence, constant teasing, sexual harassment, cyber-bullying - can they detect the complexity of the phenomenon and can the very language of the research be accessible and easy to understand? The answer is not simple, and perhaps there is not a single answer. Certainly, the educational workshops held in primary school can be of significant help, together with the use of multimedia tools, the direct reading of testimonies and stories, and similar actions. Simple theory is not enough. It can't capture the students' interest and attention, and it doesn't give students the necessary awareness of the problem, letting them acquire the right behavior to face the problem.

Resources

from the I Am Not Scared Portal

- [I Am Not Scared](#)
The "I Am Not Scared" project intends to identify the best European strategies to prevent and fight the bullying phenomenon.
- [Emotions of aggressors and victims of cyberbullying](#)
This article presents a study on cyberbullying over the Internet, conducted with students of secondary school in southern Spain (Andalusia)
- [A portal to report school violence](#)
Schools can report all facts of violence they face on this portal



What Can I Do if My Classmates Bully Me

There are many strategies and research projects for dealing with bullying situations. Strategies, however, may not always be successful. We'll try to underline some typical behaviors which may prove valuable in certain situations.

Never respond to the provocations of the bully, and never submit to his demands or his bullying abuses. The thing he most wants is to see his victim humiliated, angry and / or in tears. The best thing to do is then to remain silent , not to answer and go away.

If you do not want to take such a passive attitude, firmly look into the eyes of the person who is provoking you, never use your hands, violence or bullying , but, rather, invite him to immediately stop his provocations against you. Tell him that, if the thing goes on, you're going to report everything to the principal of your school – although this recommendation might not be appropriate in an emergency moment. Also check, with the teacher responsible for health education, that the school has an intervention procedure for episodes of bullying.

Another good method of managing the relationship with the bully is to catch him unprepared, saying: "I am willing to discuss with you, but I have no intention of fighting or wrestling. So, calm down and let's talk about it". Often, this kind of approach is able to freeze the urge to violence that the bully has, and he will probably go in search of another victim.

Always have good friends and ask for their help if a bully wants to hurt or tease you. The real strength of the bully is found in the total absence of support around the victim.

The last thing you have to remember is the following: the alliance and the solidarity of the group expanded to the victim, and the repugnance toward the bully will make the latter feel lonely and isolated, and force him to change the way he uses to get noticed by friends.

On line Resources

- [COST Action 0801](#)
A good resource to see the coping strategies of cyberbullying
- [Palo Alto Medical Foundation](#)
A medical foundation which offers online resources dealing with bullying



Why Should I Ask for Help

As in other areas of everyday life - and particularly during adolescence - the need to ask for help is perceived as a sign of weakness. "I have to do it myself". This seems to be what everybody repeats to himself when facing a problem. In the case of bullying, then, this attitude is interwoven with the general difficulty of identifying the person – or the people- to whom turn to. Asking for help in this case means not only getting out of a bad personal situation, but, at the same time, it can provide help to the bullies themselves. Asking for help means helping the bully, deflating him in his actions. Students should be aware of their need not to face bullying situations alone. Moreover, it is better to warn students that just ignoring bullying will not solve the situation, but, rather, it could lead to more serious and long-term consequences. It's important that the school and the family do everything they can in order to assist the student in his requests for help, making him aware that this request does not mean to be weak, but it represents a growth and a positive response. Different strategies should be looked for and applied in order to increase and enhance the communication between students and helping adults – parents, teachers and other people involved in the educational process. The Listening and Counseling Help Desk provides a first real reply to all those who suffer such acts or behaviors, or to those who want some information on how to intervene in the management of such cases.

On line Resources

-  [How to Stop Thinking that Accepting Help is a Sign of Weakness](#)
An interesting article on school bullying



What Can I Do if Someone Bullies One of my Classmates

If you witness episodes of bullying, do not stand on the side of the strongest.

Instead, try to talk to the victim and then suggest him how to report these incidents.

The leader of the group creates a climate of negative subjection of the other group members, who – not to become victims of bullying themselves - join in physical, verbal or psychological violence, or simply do not intervene, thus becoming accomplices. The correct behavior is to rebel against this law of the "gang".

If you feel that someone is humiliated or denigrated for his appearance, supposed weakness or diversity (skin color, different nationality, sexual orientation), it is your duty to help and educate the whole group of your friends.

In the end, always learn to speak with adults who play an influential role within your school or community. They can create a climate of law and order, that the enlarged group will then choose for the common good, and to which they all will have to adapt and be inspired - bully included.

Websites

- [Face Bullying With Confidence](#)
An article from the bullying solutions book entitled "Bullying – What Adults Need to Know and Do to Keep Kids Safe".
- [How to Help a Friend Who Is Being Bullied in School](#)
Guide if one of your friends is bullied and you may not want to put yourself in the middle of a conflict, but help him however.



The Most Effective Ways to Help Others

Those who notice particular attitudes due to abuse or bullying episodes should immediately inform an adult (parent, teacher, guardian, educator, etc.), so that these incidents might be reported and sorted out.

A climate of disapproval around the bully should be created, appealing to the sense of responsibility of each student, and to the fact that students would become accomplices in the case of non-intervention.

Support the victim, making him understand that he is not alone, showing sympathy and understanding, as well as looking for the possible solutions together with him. It would be appropriate to practice actions of Peer Support.

On line Resources

- [How to Deal With Bullies](#)
Not only just in schools, but also both in the workplace, the military, playground and even nursing homes, this method also works for adults.
- [Success Stories](#)
A success story in Belgium.



Why Should I Quit if I'm Bothering a Classmate

It's fundamental to remind students the reasons why bullying is not "fun", making them realize that they should take it seriously, as it may be a cause of depression, suicide etc.

Annoying a classmate cannot increase self-esteem, it does not even create it within the teens' group.

If a student bothers someone, or he blames him, he should understand what are the reasons that push him do so. Probably he needs help for problems that he does not want or cannot overcome.

If he does not give up these attitudes of oppression on weaker mates, the group itself, in the long term, will judge him by his behavior and try to isolate him.

The bully can risk a charge, an exemplary punishment, suspension / expulsion from school and this will mark his high school career and maybe even his future life.

Blogs

- [What should you do if your child is being bullied at school?](#)

Most moms want to rush in and give anyone who will listen a piece of their mind, and for good reason.

- [Am I being a bully?](#)

Some questions you can ask yourself.



What Risks Can I Find Using New Technologies

One of the risks is cyberbullying, a new way to undermine the peacefulness of others through the publication of offensive, indecent photographs or videos - not authorized by the subject - on social networks.

Often the offense or insult to a weak mate becomes the object of ridicule and the whole group is thus changed into a "gang".

The greatest risk is to meet unscrupulous people or people with bad intentions who can entrap and get you involved in unpleasant and / or dangerous situations.

Suggestions to prevent cyber-bullying:

- Being careful on what is being written on one's personal Web page
- Adapting and double checking the privacy settings (do not leave the profile open to public)
- Avoiding publishing too personal material
- Refusing friend requests from unknown people

Websites

- [Eurobarometer: Are Europe's children too confident in tackling online risks?](#)
The use of internet and mobile phones has become almost self-evident for Europe's young generation, but when facing trouble online, minors will ask an adult only as a last resort.
- [Self-regulation for a Better Internet for Kids](#)
Self-regulation is one of the instruments of the European Strategy to create a better Internet for Children.
- [Clicksafe](#)
References to the correct use of new technologies.
- [Web Ethique](#)
Web-e-tic is a company related to the needs of information systems called ICT (Information Technology and Communication).
- [Training Sources](#)
Other relevant links might be found in the Training Sources section of the School safety Net Portal.



What I Can Do if Someone is Cyberbullying Me

The first step is to talk to an adult, perhaps relying on a friend first, in order to find the necessary strength to speak, to explain the terms of the episodes - even bringing evidence of such episodes.

It could be recommended to report the cyberbully, being aware of the existence of specific rules concerning privacy on social networks. A common action to undertake against cyberbullies would be blocking/reporting their profile. There should be a Postal Police or similar service in each country.

On line Resources



[What To Do If You're Being Cyberbullied](#)

Five tips for standing against cyberbullying from Ross Ellis, the founder of "STOMP Out Bullying", a national anti-bullying and cyberbullying program for kids and teens.

What I Can Do if Someone is Cyberbullying a Classmate

Cyberbullying can be an extremely traumatic experience, especially if it comes from someone you may know well, such as a classmate. How to behave if someone is cyberbullying a classmate?

Try to make the bully think about his own behavior and evaluate the possibility of an effective dialogue with him, as well as the effects of the change of his negative attitude.

Inform the victim of the situation that he is living, making him aware of the injustice that he is suffering - those who are bullied often fail to react, they rather stand still in front of their torturer and do not make decisions.

Talk to an adult and highlight the dynamics between the bully and his victim, involving other witnesses in the story.

Website



[How to Deal With Cyberbullying from a Classmate](#)

Cyberbullying can be an extremely traumatic experience, especially if it comes from someone you may know well, such as a classmate. Here is how to deal with cyberbullying from a classmate.



How to Be Polite Using New Technologies

Etiquette in technology defines what conduct is socially acceptable in an online or digital situation. While etiquette is deep-rooted into culture, etiquette in technology is a fairly recent concept. The rules of etiquette that apply when communicating over the Internet, social networks or devices are different than in person or by audio (such as telephone) or videophone (such as Skype video). It is a social code of network communication. Communicating with others via the Internet without creating misunderstanding can be challenging, mainly because facial expressions and body language cannot be interpreted on cyberspace. Therefore, several recommendations to attempt to safeguard against these misunderstandings have been suggested. It is necessary to educate young people to the use of new technologies, in particular the use of chat rooms, social networks and all the dating sites in general.

Let the students understand the positive potential of the use of new technologies for communication, but also make them aware of the massive circulation and amplification that an offensive phrase in a social network, or a video posted on a site that somehow damages the image of other people may have.

Try to create a kind of "ethics of the network", which appeals the students and generates a "social" control of the teens community.

On line Resources

- [Safer Internet Day](#)
Safer Internet Day (SID) is organised by Insafe in February of each year to promote safer and more responsible use of online technology and mobile phones, especially amongst children and young people across the world.
- [Netiquette](#)
The social code of network communication.
- [Web Ethique](#)
Web-e-tic is a company related to the needs of information systems called ICT (Information Technology and Communication).
- [Clicksafe](#)
References to the correct use of new technologies.

