

Prevention of bullying at school

Bullying – is one of the types of violence involving aggressive actions directed at one of the members of the team, another person or group of persons.

Kinds:

- physical - pushing, kicking, beatings, harassment;
- verbal - insults, malicious and obscene jokes, ridicule, etc.;
- socio-psychological – social exclusion or isolation (gossip, rumors, boycott, manipulation);
- economic - extortion or taking of money, things;
- cyber bullying - threats and messages, ridicule, gossip and rumors, personal photos that are posted on social networks are published in the public domain. These publications receive a large audience coverage.

What to do?

- In case of harassment, you need to work with the group as a whole.
- It is important that the adult took responsibility for solving the problem. Bullying is a disease of the group, which means that the person who communicates with the group and directs it, who can set the rules of the game, should work with it.
 - To call the phenomenon by its name: harassment is violence. Children often do not realize what they are doing. In their head it's "this is how we play." Children should hear this from an adult: what you are doing is not innocent fun, not a game or a joke, it is bullying, it is violence, and it is unacceptable.
 - Discuss bullying as a group problem, not a person (victim or aggressor). It is important to designate bullying as a disease of the group. But if a person does not wash his hands, he can catch an infection and get sick. And if a group uses dirty methods of communication, it can also get sick - bullying. It's very sad, it's harmful and bad for everyone. And we need to be treated urgently together so that we have a healthy, friendly class.
 - The moment when the old, "bad" group dynamics is interrupted is the most appropriate time to start a new dynamic. It is quite simple to formulate new rules of life in a group together with children.

Result:

Bullying of a student can occur in any school. The difference is whether adults consider bullying a problem. No bullying will end until adults intervene in it. Until the poisoners learn responsibility.

What else to read about bullying:

- ✓ <https://sos.peremena.media/> campaign against bullying "Ainalayin SOS". Their task as a media is to expose the problem, to make it visible.
- ✓ <https://травлинет.рф/> Anti-bullying program, brochures for students, parents and teachers.
- ✓ Laws: the offender can be prosecuted for libel or for insulting using the media. This is provided for in articles 130 (slander), 131 (insult) of the Criminal Code of the Republic of Kazakhstan.

