



Anti-bullying policy

1. Definition

Bullying in school is the systematic exercise of physical and/or psychological violence by an individual or a group against others who are not capable of defending themselves. Bullying has a distressful effect and negative consequences for the victim. Bullying is always deliberate and often target-oriented.

2. Approach

Nobody should suffer in silence. When a case of bullying is noticed help must be asked for immediately:

2a. Talk to another pupil

- The pupil could try to talk with both bully and victim.
- The pupil advises the victim to ask for help.
- The pupil asks for help.
- The pupil tells his parents.

2b. Talk to a teacher, a pedagogical adviser, a member of the management

- The teacher solves the problem himself/herself by using, for example, the "No blame approach" or other mediation techniques.
- The teacher asks for the intervention of 1. the school psychologist, 2. a pedagogical adviser, 3. a counselling teacher.
- The teacher contacts, if necessary, the parents.
- The teacher reports the significant cases to the management and/or the pedagogical advisers. These reports are internal and confidential and serve to follow-up the evolution of cases and re-incidences.
- The teacher checks at different times to make sure that the problem has been solved.
- In some more severe cases the teacher could propose a punishment or ask the management to apply serious disciplinary measures.

2c. Talk to your parents

- The parents are encouraged to contact the school (class teacher, counselling teacher, pedagogical adviser, school psychologist, management) when they are confronted with or have the suspicion that their children are implicated in a bullying episode. They ask the school to take actions to tackle the problem as soon as possible.
- The parent talks with his/her child.
- The parents talk to a member of the school staff.



3. Prevention

In order to prevent bullying we need to be aware that we belong to a school community made up of people from different nationalities, cultures, religions and social backgrounds. We must treasure the differences and be unbiased by prejudice. The school climate must be built on the shared basic values of tolerance and respect that should emanate from all school activities.

Prevention is a key aspect of our anti-bullying policy. This means systematic work inside and outside the classrooms to provide a positive pedagogical atmosphere. Therefore:

- At the start of each school year all the pupils of a particular class will have ample opportunity to get acquainted. The class teacher stimulates and supervises social activities.
- Each year at least one or two activities concerning the whole school or several classes are organized. This is aimed at strengthening the school cohesion among the different age groups and language sections.
- Every teacher should use some time during his/her lessons to improve the class atmosphere; (s)he should propose activities that link his/her subject matter with the passing on of values such as tolerance and respect.
- School trips, excursions, outings and other activities are organized to contribute to a positive social-emotional atmosphere.

Information for parents

Talk to your children about the school day in a casual way. Show a genuine interest in getting to know how things are going and give always the good advice about respecting others and being friendly and tolerant. Explain them that violence is never the way to solve problems and that adults are always ready to help.

If you notice any of these signs, your child could be a victim of bullying:

- Lack of interest in school or a refusal to go to school.
- Taking an unusual route to school.
- Suffering a drop in grades.
- Wanting to be left alone.
- Sad, sullen, angry or scared after receiving a phone call or e-mail.
- Torn or missing clothing.
- Physical injuries.
- Insomnia and nightmares.
- Stomachaches, headaches and panic attacks.
- ...

If you are suspicious that your child could be a victim of bullying or bullying somebody, please, contact the school immediately. Preventing and tackling bullying when it occurs concerns us all.