

Bullying Prevention and Intervention

Botby grundskola, Helsinki, Finland

2014-2015



Erasmus+



ERASMUS+ STRATEGIC PARTNERSHIP FOR SCHOOL EDUCATION
"ERASMUS MINUS BULLYING.
PRACTICES IN PREVENTION AND INTERVENTION IN EUROPEAN SCHOOLS"
E.M.B.
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Social and health services in Botby Comprehensive School

school psychologist (grades 0-6)	2 days per week
school social worker	3 days per week
3 special needs teachers (grades 0-9)	5 days per week
guidance counsellor (grades 7-9)	5 days per week
school nurse	
school doctor	
special youth worker	3 days per week

Practices in Bullying Prevention

- **Plan for wellbeing and safety (anti-bullying plan)**
- **KiVa school anti-bullying program**
Prevention, intervention and monitoring
- **Declaration of School Peace**
- **Peer Support Scheme**
- **Students Association**
- **Health Education as a subject**
- **Students' Councelling once a week**

KiVa school anti-bullying program

- **Prevention**

Teachers' manuals (lessons for grades 1, 4, 7)

Videos, online games, vests

- **Intervention**

KiVa team

cooperation with social worker,
youth workers, police...

- **Monitoring**

Student and staff surveys



Declaration of School Peace

- Since 1990 In Finland
- Beginning of the school year
- A plan for the whole school year – activities that increase wellbeing at school and prevent bullying (students and adults)



Swedish-speaking NGO



The Mannerheim League
for Child Welfare

Peer Support

Peer supporters are ordinary students in grades 8 and 9 who volunteer to work for other students at their school in order to create a safe and friendly school atmosphere.

The Aims of the Scheme

- Promotion of considerate behaviour
- Promotion of young people's participation
- Proactive prevention of conflicts and bullying
- Personal growth



First two days at school for grade 7



Practices in Bullying Intervention

Step one:

Discussion with student, classroom teacher, social worker, parents (teasing, bad behaviour)

Step two:

Discussion with **KiVa team** members, parents (bullying)

Step three:

Meeting at school with multiprofessional group

Ideas for Improvement

The new curricula 2016 emphasises:

- **Phenomenon-based learning** alongside subject-based learning (= integration of subjects)
 - Emphasis on community and learning and growing together (both teachers and students)
- **Learning environments outside school**
 - The joy of learning, no bullying!

A need: reference group for lonely and depressed girls

DISA (Depression in Swedish Adolescents)

- A method how to deal with negative thoughts among teenage girls
- exercises to increase the amount of healthy activities
- exercises in communication and problem solving activities
- exercises in enhancing social skills and building social networks

Folkhälsan: Tjejgrupp (group for girls)

- To increase self-esteem for girls
- Functions during free time - volunteers

➤ **Anybody interested?**

(Special youth worker, youth worker from congregation)