

Gimnazjum nr 16 im. Fryderyka Chopina  
Lublin, Poland

# ERASMUS MINUS BULLYING



Erasmus+

# OUR SCHOOL



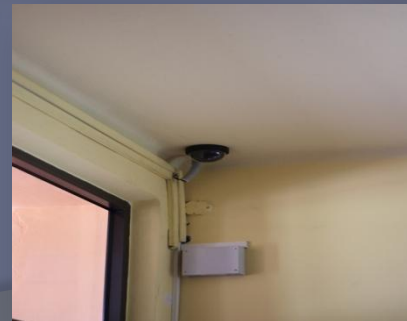
Our practices in dealing with  
bullying at school:

**PREVENTION**

# To prevent bullying at our school:

We use closed-circuit television (CCTV) with about 55 cameras installed in different places, outside and inside the school building.

The monitoring system allows us to react immediately when bullying takes place or to find out what happened or to verify student's account.





Two school psychologists, **Alicja Kubacka** and **Anna Osemlak**, who work full time at our school, help us to deal with students' aggression and to solve bullying problems.

They also have special lessons which train students how to react to violence. They are also responsible for organising educational meetings for parents and teachers. Bullying is one of the main topics.



Alicja



Anna

During the breaks teachers have to be on duty. They spend the breaks on school corridors making sure students are safe and in case of bullying incidents they apply the procedures. The length of duty depends on the number of hours the person teaches. There is a specific schedule determining where and how long you have to be on duty during the breaks.



Two guards are employed at our school. One of their duties is to prevent violence and to inform class teachers about bullying incidents.





- Students and teachers are trained about peer aggression by professional experts.
- Our school takes part in anti-bullying projects and campaigns.
- We offer a wide range of extra-curricular activities for our students, which develop their interpersonal skills.
- The situation in each class is diagnosed twice every school year.
- Classes which are especially vulnerable to violence, are offered special training regarding communication skills, solving conflicts, expressing feelings.
- Students are informed about consequences of bullying according to our school rules.
- We cooperate with students' parents who are our partners as far as solving bullying problems is concerned.
- Anti-violence events are organised, for example in two weeks we are going to celebrate *The Day Without Violence*.

Our students are encouraged to take advantage of school sport facilities, to learn fair play and to relieve stress.





# INTERVENTION

We worked out successful procedures which are applied in case of students' violent behaviour. The printed document is displayed in the staff room for quick reference.

## **OUR PROCEDURES:**

1. Identification of the situation - the assessment of the scale of the problem.
2. The intervention talk with involved students, separately with the victim and the bully.
3. It's compulsory to inform students' parents and the class teacher about the problem.
4. The aggressive student should be reminded in the presence of his parents about the consequences of such behaviour.
5. Parents of the bullied student are told that they can inform police or the court about the situation and request compensation from the offender.
6. Parents of the victim and aggressor are instructed about opportunities of getting psychological help.
7. Specific rules of cooperation with parents are determined: the time of intensive, regular contacts with school, visits to specialists, ways of forwarding feedback and recommendations of specialists.

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8. Monitoring the behaviour of involved students and setting specific dates for meetings in order to verify that the violence ended.
9. Organising anti-violence educational classes for the group in which the bullying occurred, depending on the scale of the problem. The classes should be taught by trained teachers or invited experts.
10. The headmistress has to notify the court or the police about the situation, if after using all possible means the offender has not changed his behaviour.
11. Keeping in touch with people involved in the bullying incident even if the violence ended.







# OUR PLANS FOR THE FUTURE

We are going to:

Continue to react to bullying in accordance with our school procedures.

More intensively educate students, parents and teachers on how to recognize violence and how to react to it.

Continue to provide students with the opportunity of participating in various forms of extra-curricular activities.

Teach children other ways of expressing negative emotions, alternative to humiliating the weaker.

Utilize the findings of the Erasmus Minus Bullying survey.

Speaking of which...

We have already organized a special meeting for all teachers and presented the results of the Erasmus Minus Bullying survey.





... for attention and  
sharing your ideas.