



# **How to prevent Bullying -**

**Experiences with Free of Bullying in Denmark**

**Tallinn 2 April 2014**



# Free of Bullying



## BACKGROUND

- Inspiration from Australia
- Values (Tolerance, Respect, Care and Courage)
- The teddy bear (“Buddy bear”)
- Early intervention
- The Mary Foundation and Save the Children



# Free of Bullying



## THE MARY FOUNDATION



**H.R.H. Crown Princess Mary**

“The objective of The Mary Foundation is to prevent social isolation and help those who are socially isolated, to encourage tolerance and understanding of diversity, and to create hope”.



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## SAVE THE CHILDREN, Denmark



- A part of Save the Children international
- NGO – Non Government Organization
- The UN convention on the rights of the child (1989)
- SCD have national and international programs



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## FREE OF BULLYING CONSISTS OF

- Suitcase
- Social practices/activities
- Instructor training
- Research



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## OBJECTIVES OF FREE OF BULLYING

- To create a group spirit among children at preschool that lives on at school
- To develop methods and tools
- To bring knowledge of bullying into teacher training at preschool and school level



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## FREE OF BULLYING FOCUSES ON

- Focus on early and preventative measures
- To equip specialist staff to work with anti-bullying and welfare
- To create inclusive children's communities in preschools and at school/after-school clubs



**Free of Bullying**



# **KNOWLEDGE OF BULLYING**

**(in general)**





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## VIEW OF CHILDREN

THE PIONEERS OF BULLY RESEARCH	THE NEWEST BULLY RESEARCH
Individual	Context/Relations/Culture
Linear	Complex
Evil and aggressive bullies/weak victims	Inappropriate patterns in the group
Sentencing	Examining

Free of Bullying focuses on the group of children as a whole and on their spirit of togetherness.



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## CAUSES OF BULLYING

- Bullying is not about evil children
  - bullying is about evil patterns of conduct
- Bullying springs from **low tolerance** within the group
- Focus on what the group defines as right and wrong



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## **BULLYING IS...**

- Bullying is a group phenomenon
- Bullying is a group's systematic persecution
- Bullying forms can be direct and judgemental or be indirect
- Bullying happens in a social context, the child cannot get away from it.

(Helle Rabøl Hansen, 2010, eXbus)



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## THE SUITCASE





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## “THE GENIE IN THE SUITCASE” CARES ABOUT

- The group
- The passive spectators
- The culture
- Relations
- Touching other people’s feelings
- Dialogue
- Reflection



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## THE VALUES

### Tolerance

▶ To see and accept diversity within the group of children, treating each other as equals. To view differences as a strength both for the individual child and for the group.

### Respect

▶ To accept and show consideration towards all children in the group. To be a good classmate to everyone. To allow for diversity, appreciating the differences and personalities of others.

### Care

▶ To express interest, empathy, concern and helpfulness towards all children, whether younger or of the same age.

### Courage

▶ To say "enough", drawing one's own line, and objecting when seeing other children crossing someone else's boundary. To be a courageous and good classmate who reacts against injustice.



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## **PARENTS - IMPORTANT COOPERATION PARTNERS – Our experience.**

- The professional and the private – two distinct spheres. Parents generally focus on the private sphere
- Bullying is a sensitive issue for parents, with strong feelings at stake
- Raise the issue continuously in stead of saying; We raise it when it becomes relevant.
- Give them a sense of ownership



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## ADULT PROFESSIONALS AS A TARGET GROUP

- Free from Bullying imposes demands on professionals
- In order to teach children to be responsible for their acts, one must start by looking at one's own acts
- To be able to act as a good role model, relations within the group of colleagues matter too
- What experiences do we carry with us? E.g. as regards bullying





# Free of Bullying



## THE RESEARCH OF ROSKILDE UNIVERSITY (2009)

- Children are very fond of Free of Bullying, the materials in the suitcase and the children's meetings
- The children discovered the active bystander
- *I never apply a bandage to the children*
- New play relations
- The children are more careful
- The older children helps the smaller children
- The older children fetch an grown up to help



# Free of Bullying



## THE RESEARCH OF ROSKILDE UNIVERSITY

- It is important to be occupied with bullying in the preschool
- Children from 3 years care about teasing
- Children from 6 year cares about bullying
- Bullying already exist in preschool
- Bullying is different from teasing – and it is worse!
- The children believes that friendship is very important



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## THE RESEARCH OF ROSKILDE UNIVERSITY

- Almost all parents (98%) believe that their children will benefit from their preschool's involvement in Free of Bullying
- App. 80% of preschool employees consider all of the materials to be really good. If the findings include those who regard the tools in the suitcase to be adequate, this figure increases to 97,4%
- Teachers find that children obtain and actively acquire new, better and more diverse skills to support them in forming new relationships



# Free of Bullying



## THE RESEARCH OF ROSKILDE UNIVERSITY

- Teachers find the Free of Bullying materials practical and easy to work with
- Staff express that Free of Bullying has opened their eyes to new ways of handling problems and encouraged them to reflect on the 'normal' way of doing things
- Proactive torchbearers boost the programmes' success



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## OXFORD RESEARCH (2013)

- Materials should be updated regularly
- The adults around children are role models
- The more regularly and the more structured you work with Free of Bullying, the better the effect
- The management plays an important role in rooting the project



# Free of Bullying



## CREATIVITY IN PRESCHOOLS





# Free of Bullying



## CREATIVITY IN PRESCHOOLS





# Free of Bullying



## CREATIVITY IN PRESCHOOLS







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## CHILDREN'S RELAYS





# Free of Bullying



## CHILDREN'S RELAYS





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## CURRENT STATUS IN DENMARK

- Today one in three preschools (approx. 1500) and one in four schools (approx. 550) use Free of Bullying
- 5700 teachers and preschool staff have attended an instructor course



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## **INTERNATIONALISATION OF FREE OF BULLYING**

- All children need to feel part of a community
- There is growing international interest in Free of Bullying
- Our goal is to ensure that we maintain the quality of – and continue to strengthen – Free of Bullying internationally



# Free of Bullying

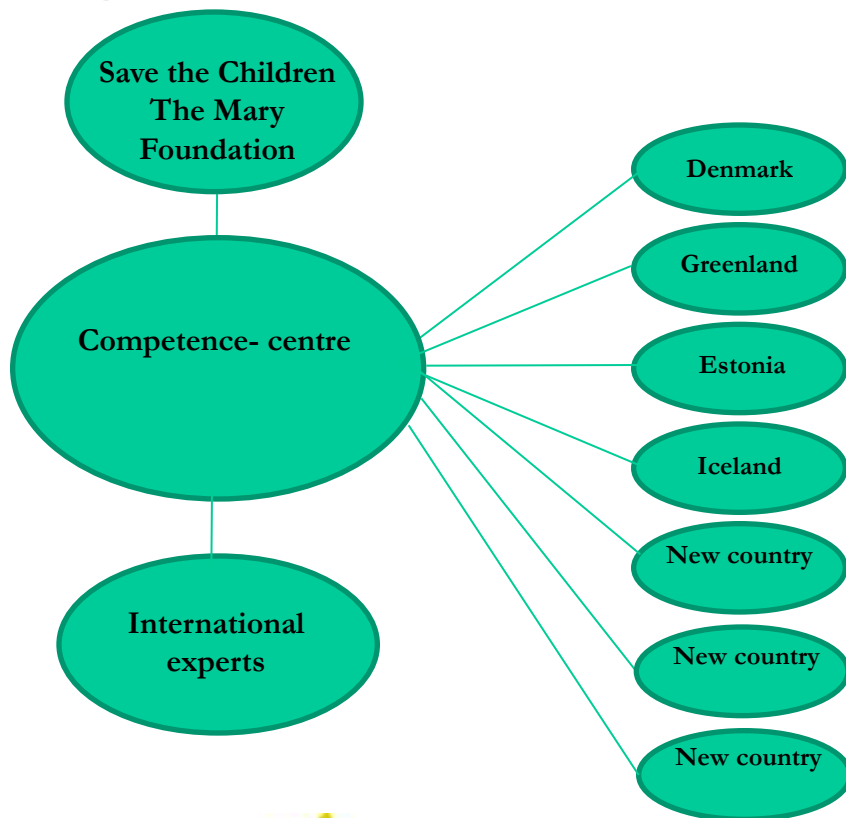




# Free of Bullying



## MODEL FOR FREE OF BULLYING COMPETENCE CENTRE



### Member countries get

- Knowledge and experience from other countries via website
- Inspiration for new initiatives and elements in the programme
- Opportunity to attend international meetings and conferences

### The competence centre will be responsible for :

- Bringing Free of Bullying to new countries
- Dialogue with existing Free of Bullying countries
- Training and consultant assistance
- Follow-up and guidance
- Set-up of platform for knowledge and experience sharing: [www.freeofbullying.com](http://www.freeofbullying.com)
- Ongoing further development of new materials
- Gather knowledge about research/evaluation
- Communication



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## THE FREE OF BULLYING FAMILY

- You are now part of the “Free of Bullying’ family
- We encourage you to keep up the good work and to continue to share your experiences, not just with us but also with new countries that join the program
- Together we will create a world “Free of Bullying”



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