

November 24th, 2014
Örebro, Sweden

Brainstorming about ways of dealing with bullying

Class 8A

- Tell an adult about what's happening
- Invite the victim to come and join them instead
- Punish the bully by giving him/her detention or something like that
- Don't take part and be a silent audience, leave instead
- The teachers make groups in the classroom so that no one will be left out.
- Care about the victim in different ways, make small positive things like say hello in the morning, sit with them in the dining hall during lunch etc.
- Don't spread rumors and tell them to stop if you hear someone doing it
- Help the victim by introducing him/her to new friends

Class 9A2

- Tell a teacher (they must dare to go between people fighting so they can stop)
- Try to go between and stop it when you see something and send someone to get an adult
- Dare to say stop if you see someone being bullied
- Make sure everyone is included when in school
- Break up the group who's bullying others
- Talk to everyone, both victim and the bully
- Have meetings to solve the problem (with teachers, parents, headmaster etc)

SUMMARY FROM OLAUS PETRISCHOOL:

1. Get the help of adults
2. Have meetings with both the victim and the bully to try to solve the situation. Make sure their parents are involved and also other staff at school, like counselor, headmaster etc.
3. Break up the group, if there is a group of people bullying
4. If you see something, ACT by trying to stop or get help
5. Avoid being a silent audience and either say STOP, or get help
6. Don't spread rumors/gossip and say STOP if you hear it.
7. Preventing: Teachers make groups/placements etc to make sure everyone is included.
8. Preventing: If you see someone alone, ask them to join you
9. Do positive things for the victim (say hello when you meet, sit by them in the hallway or dining hall etc)
10. Help the victim by introducing them to more/new friends