

# NO BULLYING OR VIOLENCE IN OUR SCHOOL

We were impressed by the "Steps Together" programme of UNICEF and the Ministry of Education and Science and therefore decided to do research in our school. Every year, hundreds of students in Bulgaria become victims of aggression and bullying. Bullying is a form of violence defined as a set of deliberate negative actions that are long-lasting, directed at the same student by a student or a group. Violence between children at school covers a wide range of manifestations. It is a phenomenon of serious proportions and has long-lasting effects on the mental health and behavior of both children who experience bullying and those who do it.

## THE MAIN GOAL

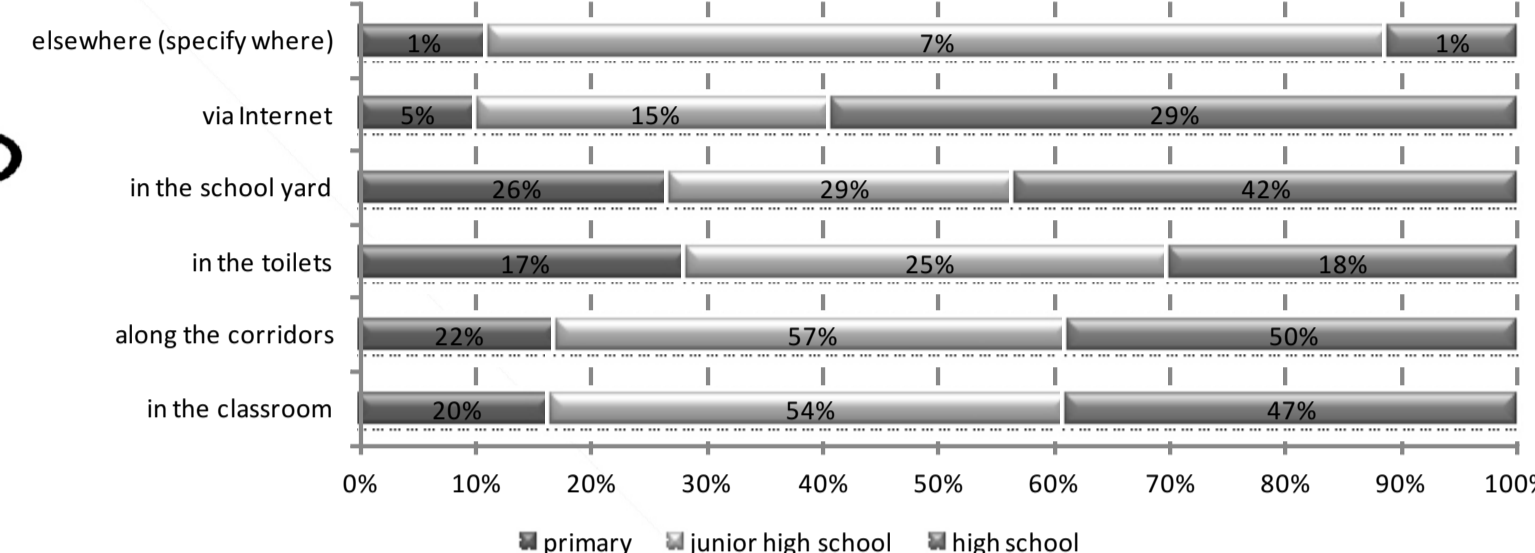
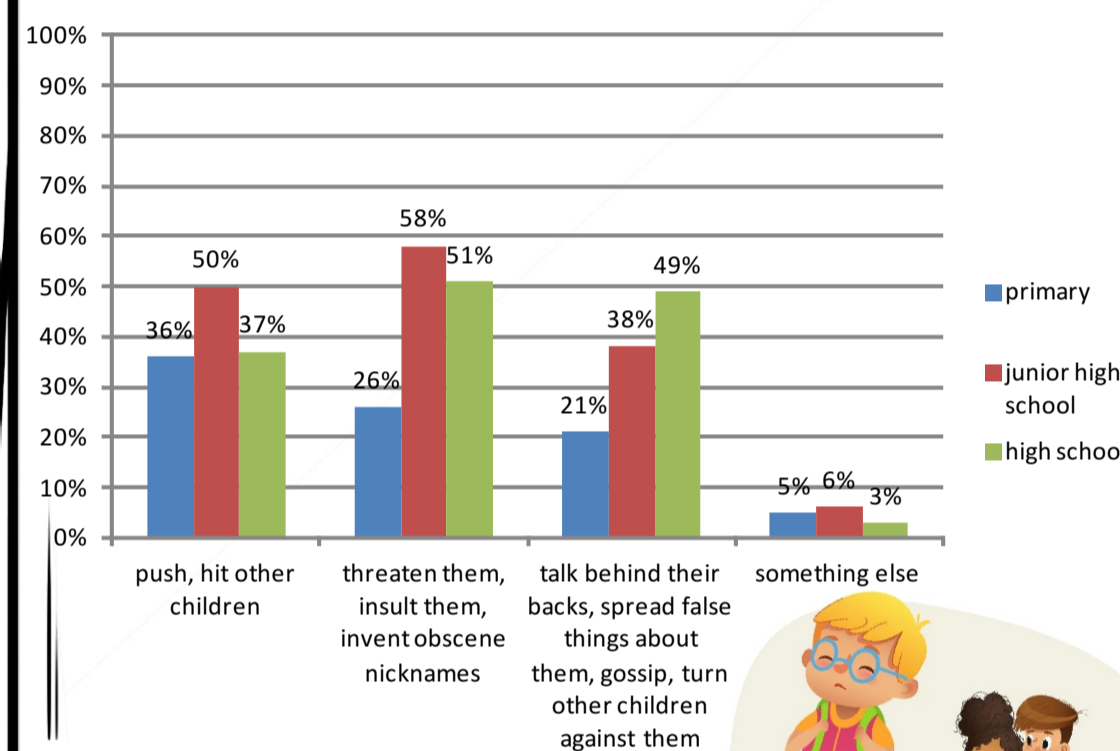
- To identify bullying and violence in our school in an accessible and interesting way
- The problems connected with bullying and violence
- Potential solutions

## METHODOLOGY

Our study was in the form of a survey - conducted among 1023 students from second to eleventh grade. Of them, 520 boys and 503 girls. Primary school students 394. Junior high school students 425 and high school students 204. We prepared a statistical analysis and discussed anti-bullying measures.

## IN YOUR SCHOOL, WHAT DO CHILDREN WHO BULLY OTHER CHILDREN? (You can circle more than 1 answer)

Primary school students give the most answers for "pushing and hitting" - 36%, and for junior high school students the most common answer is "threats, insults, inventing obscene nicknames" - 58%. The same is true for high school students - 51%.

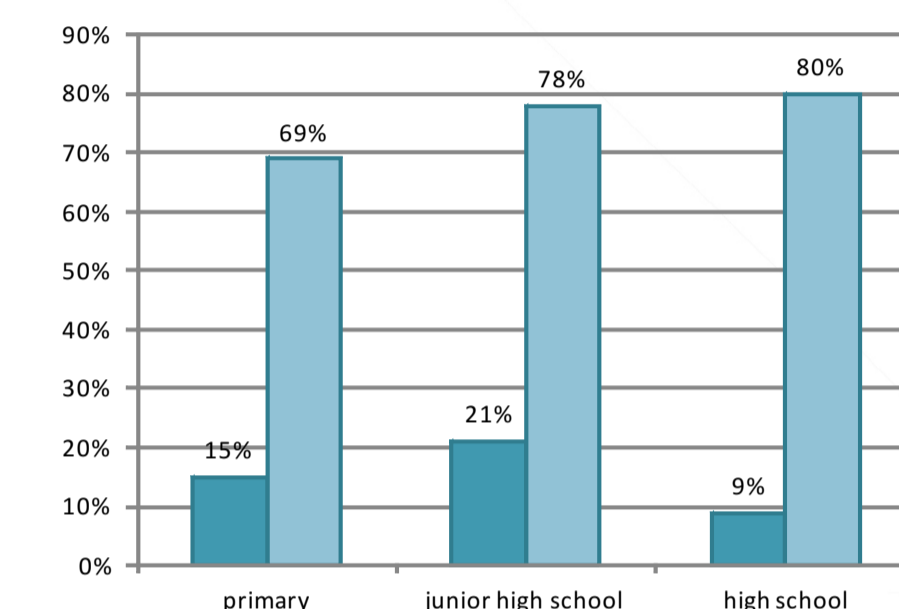


## WHERE DO CHILDREN EXPERIENCE BULLYING? (You can circle more than 1 answer)

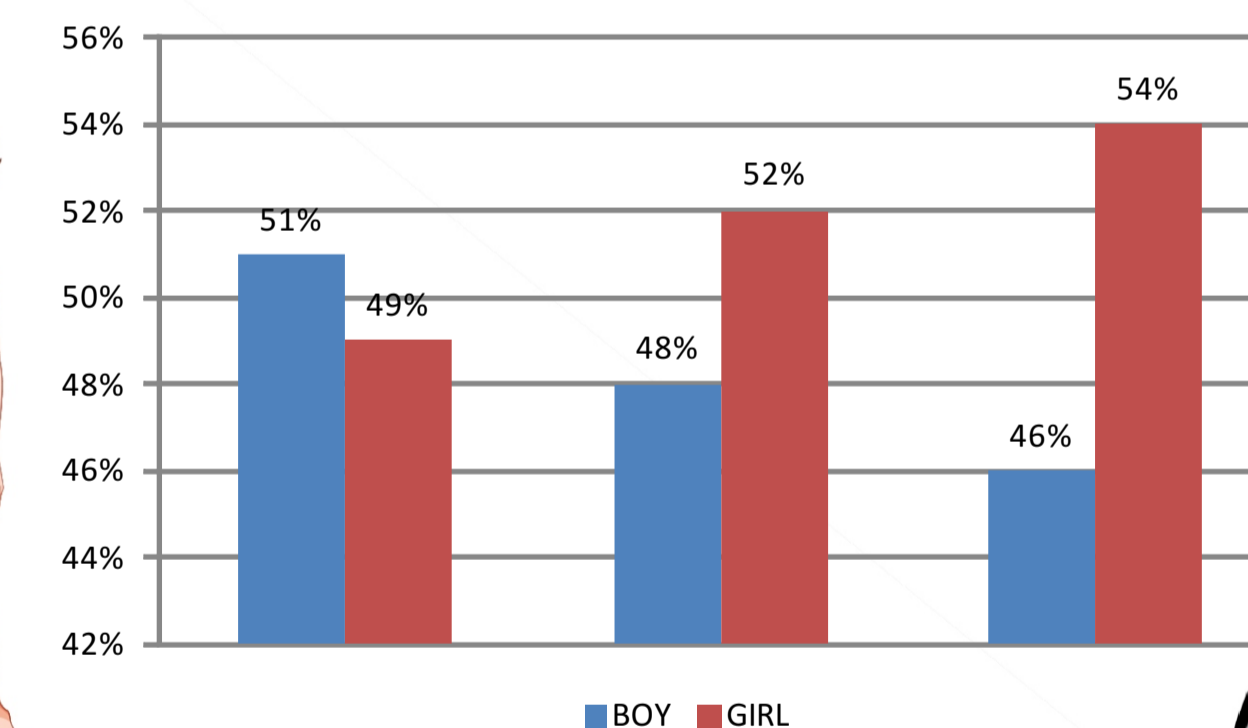
In response to this question, primary school students point first to "in the school yard" - 26%, as a place where bullying takes place. And junior high school students and high school students point first to the "along the corridors" - 57%, followed by the "classroom" - 54%. We also included a "via Internet" option. For elementary school students - 5%, for junior high school students - 15%, and high school students - 29%.

## HAVE YOU BEEN BULLIED THIS SCHOOL YEAR?

On this question, 15% of primary school students answer that they have been bullied this school year, and 69% that they have not. In junior high school, 21% answer they have been bullied this school year, and 78% have not, and in high school, 9% answer they have been bullied, and 80% say they have not.

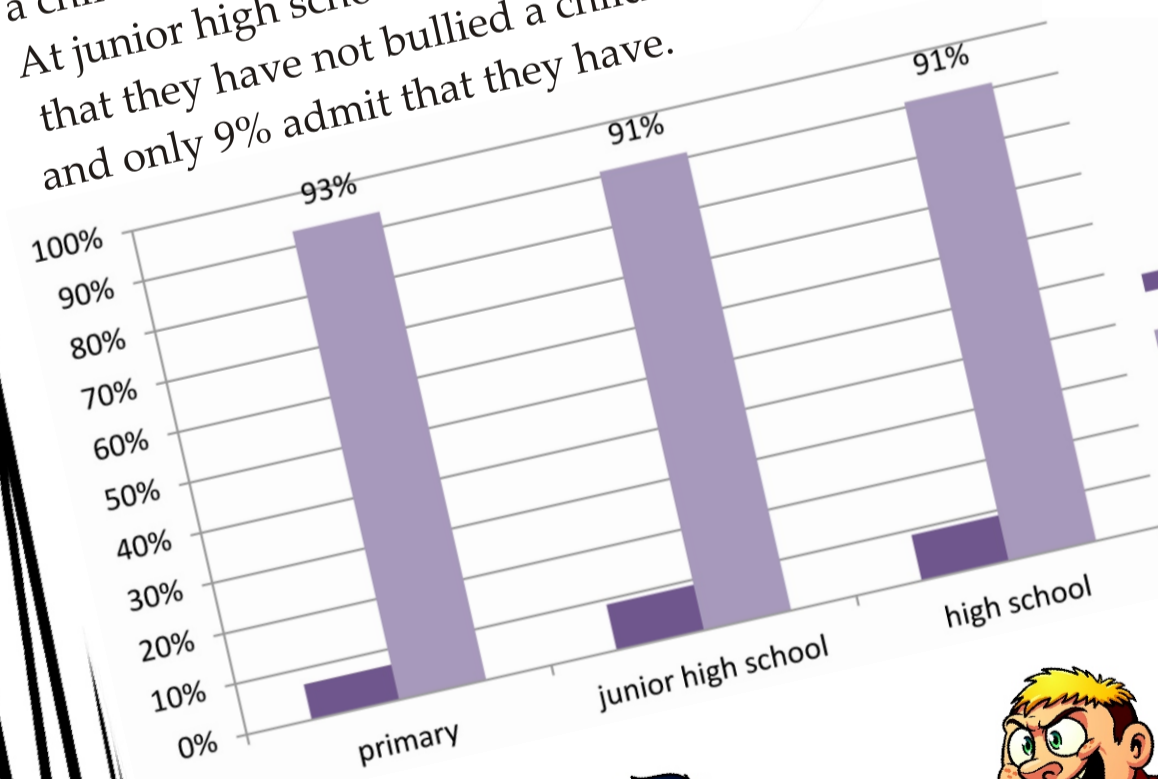


## ARE YOU A GIRL OR A BOY?



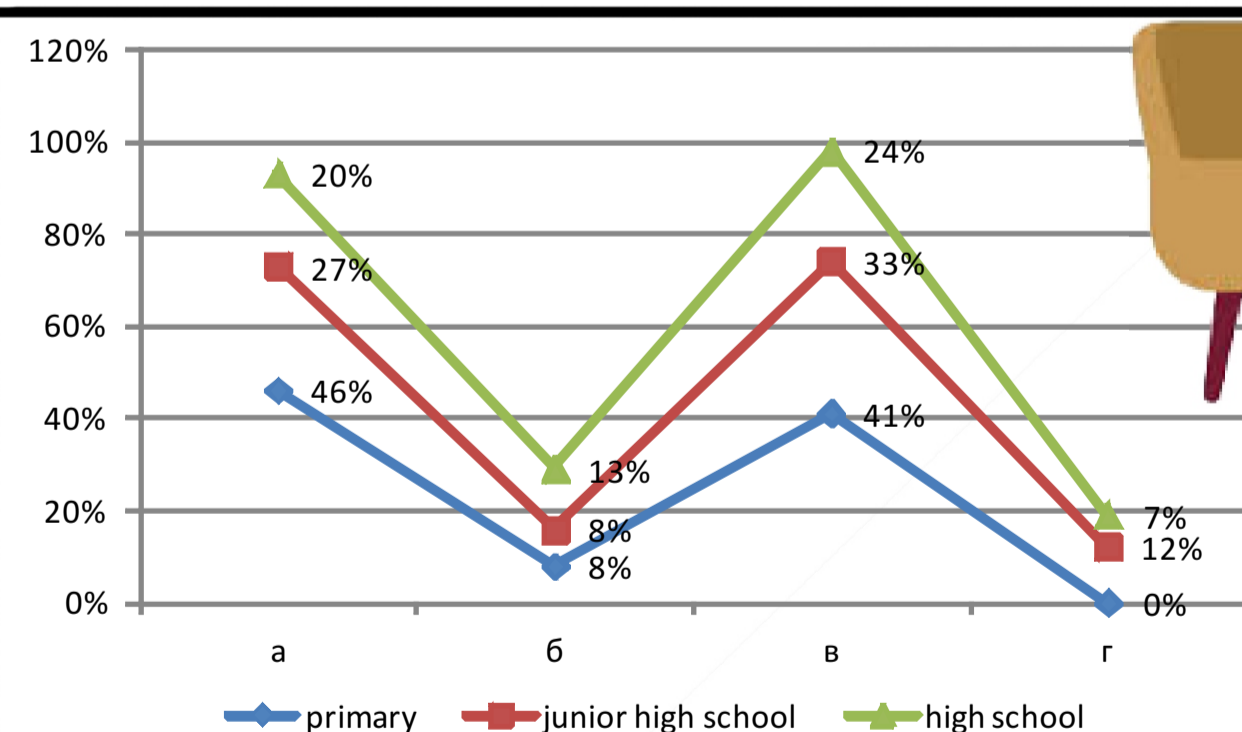
## DID YOU EVER BULLY ANOTHER CHILD THIS SCHOOL YEAR?

93% of primary school students say they haven't bullied a child this school year, and only 7% admit they have. At junior high school and high school level, 91% believe that they have not bullied a child during the school year, and only 9% admit that they have.



## WHEN YOU EXPERIENCED BULLYING, WHO DID YOU TELL? (You can circle more than 1 answer)

From this question, it is clear that when it comes to bullying, primary school students share first place with the class teacher - 46%. Junior high school students share first with their parents - 33%, and high school students also share first with their parents - 24%



## HOW CAN WE STUDENTS HELP REDUCE BULLYING AT SCHOOL!

- ✎ Forming student committees to deal with bullying;
- ✎ To join together with the teachers in creating rules and procedures that do not allow acts of violence and bullying at school;
- ✎ Students on duty together with teachers to cover the places where bullying is found to be taking place;
- ✎ To give suggestions for eac class about rules of behaviour and values;
- ✎ Students attending the meetings with parents.