

1<sup>st</sup> General Lyceum  
Trikala, Greece



# DEVELOPING NEW METHODS OF SHARING THE EUROPEAN VALUE: DEMOCRACY

Effective ways to address :  
Bullying - Children without Friends

Dormagen, March 2023

# Effective ways to address Bullying

## What is Bullying?



- **Physical violence** :pushing, kicking, slapping,.....
- **Emotional violence**: insulting, hiding, criticizing him,..
- **Verbal violence** :mockery, swearing, sarcasm, irony,.....
- **Sexual violence**: unwanted touch, threats,.....
- **Electronic violence**: use of the Internet, email, ..



# Effective ways to address Bullying

## The results of Bullying

The children are:

- unhappy
- they don't want to go to school
- they are scared and ashamed
- they are in despair
- they feel weak, helpless and alone



# Effective ways to address Bullying

What should schools do?

Schools should promote:

- Equality and not diversity among students
- Inform and educate students about the negative effects of bullying
- Encourage democratic dialogue among students



# Effective ways to address Bullying

## What can teachers do?

Teachers should:

- Pay attention to incidents on school premises
- Supervise children carefully during breaks
- Have a "parents' meeting"
- Punish students who bully others
- Support students to boost their self-confidence
- Encourage students to express their opinions



# Effective ways to address bullying at schools

What can I do?

- Express your feelings to a person that you trust
- Talk with a school psychologist
- Stop encouraging isolated groups
- Be tolerant and cooperative with everyone
- Create better communication between students
- Don't judge people about their nationality, religion, gender or weight



# Effective ways to address Bullying

## Innovative Ideas:

Students should:

- Be informed about bullying and the steps to take to prevent it
- Set up weekly meetings with a psychologist
- Establish the International Day against Violence as a day for teachers, parents and students

The student council could place a box where anonymously students can express their problems

# Effective ways to address children without friends

Isolated and lonely children:

- During breaks
- Excursions
- Games and lessons

The causes can be many:

- low self-esteem
- problems at home
- health problems
- bullying

The isolation of a child from his classmates is a harsh reality



# Effective ways to address children without friends

What can the school do?

The school can help by:

- Hiring a psychologist
- Organizing of group events
- Organizing school activities and programs



# Effective ways to address children without friends

What can teachers do?

Teachers can:

- Organize team building exercises
- Strengthen relationships between classmates
- Conduct workshops and games
- Put the new student with a student of the school at the same desk



# Effective ways to address children without friends

What can I do?

When you see someone alone:

- Go talk to them and take them to your friends
- Approach them and maybe you will become friends
- Ask them if they want to hang out.
- Accept them in your group
- Encourage them to be confident.
- Inform the teachers



# Effective ways to address children without friends:

## What can family do?

- Help them gain more self-confidence
- Encourage them to make new friends

## What can the children themselves do?

- Take part in sport clubs
- Go on school trips with students from other classes
- Ask help from teachers



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