

Bullying Intervention and Prevention at Wittekind-Gymnasium



Bullying in schools

Forms of bullying:

- teasing, ridiculing victim
- calling victim unpleasant names
- sending abusive text messages / photos
- verbal / physical attacks
- excluding victim (from group activities, parties,...)
- ...

Bullying in schools

Characteristics of bullying:

- **imbalance of forces:** victim – alone/isolated
- **frequency of attacks:** at least once a week
- **duration of attacks:** several weeks and months
- **helplessness of victim:** victim cannot solve conflict on his/her own



Victim

- ♦ often a passive, sensitive and cautious character
- ♦ low self-esteem, fearful, lacks self-confidence
- ♦ does not say much in the classroom
- ♦ reserved
- ♦ when bullied, he/she withdraws into herself/himself
- ♦ family background: sometimes overprotected, strong mother-child relationship



Bully(-ies) — (frequent) behavioural patterns/characteristics/...

- ♦ aggressive assertion of interests
- ♦ behavioural motive: power
- ♦ bullies easily recognize potential weaknesses of victim
- ♦ have little empathy
- ♦ (often) physically stronger than victim
- ♦ (wrongly) feel provoked by victim
- ♦ low self-esteem
- ♦ no or inadequate conflict resolution strategies
- ♦ impulsive – lack of self-control
- ♦ prospect of instrumental value

- ♦ future development: increased risk of criminal and anti-social behaviour



Anti-Bullying Procedure

(developed by Mustafa Janan)

Guiding principles:

- Helping instead of punishing.
- Stopping the anonymity of the bully-victim relationship.
- Giving priority to the protection of victim
- Involving class / learning group as much as possible
- (Informing parents about the intended procedure)

first contact: mediator – victim

- (1) victim describes incidents of bullying and their impact on her/him
- (2) mediator explains intended procedure
- (3) mediator asks for victim's approval
- (4) mediator asks victim to indicate the names of possible 'coaches'



meeting:

mediator – bully(-ies)

- presentation of incidents from the bully's/bullies' point of view



Coaches

- Selection of uninvolved/impartial coaches by bully **and** victim
- Their function: observation of victim's and bully's/bullies' behaviour and actions

Meeting: mediator – coaches

- briefing of coaches, explaining their functions
- fixing of time frame



Meeting:

mediator – pupils in class

- informing about the situation
- explaining upcoming procedure



One week later

- meeting with victim, bully, coaches
- reports on what the pupils involved (coaches) have observed
- evaluation of procedure
- if necessary, continuation of procedure

Preventive Measures

ANTI-BULLYING initiative at Wittekind-Gymnasium

- launched by parents and teachers

Fields of work / activities

- regular meetings of the members of this initiative
- lectures on various aspects of bullying, child development, etc., delivered by experts
- training of mediators
- regular theatre projects
- training of pupils (by the police), enabling them to help other pupils in cases of cyber-bullying
- homepage, e-mail address