



Kiusamisest vabaks!

Free of Bullying

Free of Bullying is a pedagogical anti-bullying programme aimed at creating an inclusive and safe environment and developing social skills in nurseries, kindergartens and schools. The Free of Bullying programme focuses on a group of children as a whole, and on the joy of belonging.



Lastekaitse Liit
Estonian Union for Child Welfare



HARIDUS- JA
TEADUSMINISTEERIUM

The
Mary Foundation
HBH Crown Princess Mary's Foundation



Save the Children
Denmark



The programme Fri for mobberi (2007) launched in Denmark by The Mary Foundation and Save the Children Denmark is implemented in Estonia under the name **Kiusamisest vabaks!**. The programme is run by the Estonian Union for Child Welfare in kindergartens (since 2010) as well as in schools (2013) and nurseries (2018).

WHAT AND FOR WHOM?

Free of Bullying prevents children's risk behaviour by fostering values and ensuring mental and physical security in school and community environment.

The programme lays the foundation for an anti-bullying culture in children's groups: children have tolerance and respect for one another, they care about their friends or buddies and have a courage to defend the ones who are not able to defend themselves.

Free of Bullying focuses on children, professionals, parents, and community. It supports children in the smooth transition from nurseries to preschool and after school.

The programme has been developed by researchers at **Roskilde University in Denmark** and in compliance with the principles of developing core values and general competencies **described in the national curricula for pre-school facilities and basic schools in Estonia.**

The guiding principle of Free of Bullying: "We all cannot be the best friends, but we all can be good buddies in the group!"

Four core values of the programm:

TOLERANCE

We accept each other's differences and treat each other as equals.

RESPECT

We accept and show consideration for all children.

CARE

We show interest, compassion, concern and helpfulness towards all children.

COURAGE

We set boundaries and react to injustice.

REMEMBER!

1. Bullying is a group phenomenon, where a member of a group is systematically and intentionally hurt or ignored in a situation he or she is forced to be in and where it is difficult to defend oneself.
2. There are several types of bullying: verbal, physical, social or cyberbullying.
3. Bullying can be visible or covert.
4. Bullying is not a natural part of a child's development.
5. There is no justification for bullying.
6. Talking about bullying is not telling tales – it's standing up for your rights.
7. Every child can become a bully or a victim.
8. Bullying has a lasting negative impact not only on the victim but also on the bully and passive bystanders.
9. Bullying can be prevented and stopped by working with a children's group as a whole.
10. Preventing and stopping bullying is the adults' responsibility.
11. The basis for preventing bullying is relying on universal human values: tolerance, care, courage and respect.
12. The effective prevention of bullying requires informed, meaningful and consistent cooperation between parents and educational establishments.
13. Children's positive self-image, confidence and social competence play an important role in combating bullying.
14. Adults are important role models in children's social lives.
15. When a child tells an adult about a bullying incident, the adult must hear the child out and find a solution to this problem. The adult must guarantee not to take any measures before discussing them with the child.
16. When talking to a child about bullying, avoid using exclusive and superficial recommendations, such as: "Don't complain!", "Ignore it!", "Be strong!", "Learn to stand up for yourself!" Instead, encourage the victim by saying: "It's not your fault you were bullied. If bullying makes you feel incapable or guilty, know that this is exactly what the bully wants. Bullying you makes him/her feel strong and important."
17. The whole group must be fully aware of the unacceptability of bullying and its consequences.
18. A bully gains support and strength from passive bystanders.
19. To put the end to bullying, the bystanders of the bullying must defend the victim saying "Stop!", support the victim and to tell about the bullying to the adults.

The programme Free of Bullying will help to create a safe environment for children if ...

- **owner of the establishment** supports its head's decision to join the programme and use it consistently;
- **head of the establishment** generates and maintains the interest and awareness of the team towards the ideas and tools of the programme, as well as inspires and leads the team;
- **teacher** believes that bullying can be prevented, and, therefore, uses the possibilities of the programme systematically and consistently;
- **parents** support their children and cooperate with teachers and other families.


Estonian Union for Child Welfare as the leader of Free of Bullying:

- promotes the flexible implementation of the programme, and enables each facility to develop their specific features and potential when working with the programme;
- informs, encourages and involves professionals at child care and educational establishments in preventing bullying;
- provides informative materials and practical tools related to bullying-free education path;
- organises trainings in Free of Bullying methodology;
- provides educational establishments with Free of Bullying methodological materials;
- organises regional information days;
- in collaboration with local municipalities, the Police and Border Guard Board and other authorities, assists in collecting information in support of solving cases of bullying;
- mediates the best practices of the Estonian and international educational establishments;
- takes part in the work of the programme's international network established by The Mary Foundation and Save the Children Denmark;
- supports the activity of the movement Kiusamisvaba Haridustee Eest (For Bullying-Free Education);
- on the basis of data received from R&D establishments, organises the research and development activity related to the programme;
- applies for and pools funds to lead the programme to make joining and participating in the programme free from membership fees and fixed costs (except for methodological materials);
- provides educational establishments with tools and possibilities to determine the effectiveness of the programme.



**Leader of Free of Bullying in Estonia
MTÜ Lastekaitse Liit
(Estonian Union for Child Welfare),
which is a non-profit organisation
that contributes to ensuring children's
rights and shaping a child-friendly
society in Estonia. Read more about
the principles and activity of the
Union here: www.lastekaitseliit.ee**

**Read about the programme,
follow the news, and get inspiration:**

 www.kiusamisestvabaks.ee

 Kiusamisest vabaks

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on our website:**

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Contact us and share your experience:

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