

ERASMUS+ Project: Roadmap to Building a Caring and Respectful School Community

Virtual Meetings

Discussing the seriousness of various cases of bullying.

Writing letters with advice to children involved in cases of bullying.

Discussing about qualifications of anti-bullying ambassadors in a school.

How Serious Is Bullying? Bullying Scenario Cards

Calling someone names because of something they believe in.

Dan and his family go to church every week. Some of the children in his class don't go to church and have started calling him names because of his beliefs. He doesn't want to tell his parents because he thinks they will make fun of him even more. He tried to tell his parents he didn't want to go to church with them – even though this wasn't true.



Dear Dan,

I am writing this letter to you because I heard about your story and I want to help you and give you some advice. First, you can talk to your parents about what is happening to your school, because they are your family, they love you and they will find a way to help you. Also you can talk to a teacher in your school, to a teacher who is approachable and helpful and he will talk with these guys to make them stop teasing you. If I were you, I would not stop going to the church, because your beliefs are what they are making you being yourself.

Regards, Loukia.

How Serious Is Bullying? Bullying Scenario Cards

Spreading rumours about someone behind their back.

Daria heard a nasty rumour about one of the girls in her class. After a couple of days, she found out who had been spreading this rumour, and one of the group is one of her friends.



Dear Daria,

How are you? I hope you're doing well! I've heard that some girls are spreading rumors about another girl in your class and your friend is one of them. I don't want to judge your friend, but I'd like to suggest you some advice to stop her doing this. Is there any essential reason for doing that? First of all, you should ask her, why is she doing that, as it isn't good and all of us can be in this situation. She may feel pressured or she is threatened by someone and she ends up acting like this. Whatever it is, you need to help her get over it, so she doesn't have to break out to others. In addition if I were you, I would try to stop this, by telling the other girls to stop first. This way, she won't get carried away. Also I would go to this girl and tell her these rumor that other girls and my friend have spreaded. Namely I would admit my friend's mistake. Finally I would go to a teacher, tell these rumors and that my friend were one of these girls. Like that, the teacher could to try to stop this, if my efforts failed to stop it.

I hope my advice will help you.

Yours, Michaela

How Serious Is Bullying? Bullying Scenario Cards

Sharing inappropriate photos or messages on social media.

Amir was online and he saw some messages that other boys and girls in his class had been sending to each other. They were mean and made fun of someone else in school. One of the group sent them to him and told him to send them to his friends to share with others.



Dear Amir,

I have just read about your issue and therefore I am writing to you in order to give you some advice. I understand that this is a very difficult situation for you, but after some consideration I am sure that you will take the best decision. I believe that you have to remain loyal to your principles. You must realize that due to this action another person will suffer. Consequently, I recommend you to protest against all this and inform many people about this serious issue. In my opinion, the victim should be aware of this action aiming to protect him since it is very significant for this person to feel safe. To sum up, it is your duty to protect this guy because if you remain passive you will be an accomplice.

Take what I told you into consideration and I am sure that you will act as good as possible...

Good luck,

Stratos.

How Serious Is Bullying? Bullying Scenario Cards

Tripping someone up when they walk past.

Morgan is scared to go to school. Every day in the corridor, the dinner hall and the playground, there are a group of children who try to trip him up whenever he walks past them. He tries to avoid them by offering to help tidy up the classroom at playtimes, so he is inside and away from them. However, the teachers encourage him to go out and play with his friends.



Hi Morgan,

I want to give you some advice about how you should deal with the children who are teasing you. In my opinion, you should stop avoiding them because they understand that you are scared and this urges them to tease you even more. In addition, when the teachers encourage you to go out and play with other students, instead of tidying up the classroom, you should explain the reason why you do this. However, you should try to find a friendly teacher who is able to help you. This teacher will understand your problem and he will give you some good advice. Last but not least, your parents should be aware of this situation too.

Charis.

How Serious Is Bullying? Bullying Scenario Cards

Leaving someone out of games or team activities.

A group of girls in year 4 organise a game of dodgeball every dinner time with the new playtime equipment. Aliyah really wants to join in, but the other girls won't let her. She has asked one of the girls who she sits with at dinner time, but she has said it is not up to her and the others don't want Aliyah to play.



Dear Aliyah,

I am a 15 year old student from Greece and I have read about your story on the internet. I understand that the situation you are in is very serious and it probably makes you feel sad. Therefore I'm writing this email in order to give you some advice.

First of all, I'd recommend you to talk to a school teacher about your problem. You had better find a caring and understanding person to help you with that.

What's more you could try find another group of friends that will be happy to join you. In this way you will have a nice time playing your favorite game with people that like being with you.

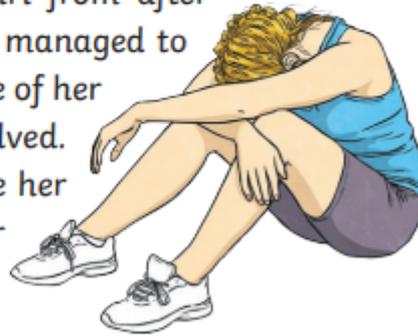
These are my recommendations and I hope they will be helpful. The best way to feel better again is to ignore and leave behind what makes you feel sad.

Love,
Stella.

How Serious Is Bullying? Bullying Scenario Cards

Forcing somebody to do something they don't want to do.

Lorna is friends with a group of girls who have been saying mean things to another member of the class. They have also been sending secret messages to each other on social media, writing nasty things and excluding the girl from after school activities. So far, Lorna has managed to stay out of all the trouble, but some of her friends are forcing her to get involved. They have said that they will leave her out and tell others things about her if she doesn't join in.



Dear Lorna,

I am writing to give you some advice for the problem you have.

First of all, you need to talk about your problem to someone you trust and feel comfortable with, for example your parents, a very close friend or a teacher. In addition, it would be good to talk to these children who are oppressing you and explain to them that what they are doing is very bad and that they should stop because the consequences are very bad. Last but not least, if you see that these children do not stop oppressing you and making other people feel bad then you should stop hanging out with them.

I hope my tips helped you. I want you to know that you are not alone. I will help you with whatever you need. I'll always be by your side.

Vasiliki.

An anti-bullying ambassador should be a person that is:

approachable and helpful

caring and understanding

a good listener

trustworthy

passionate about stopping bullying