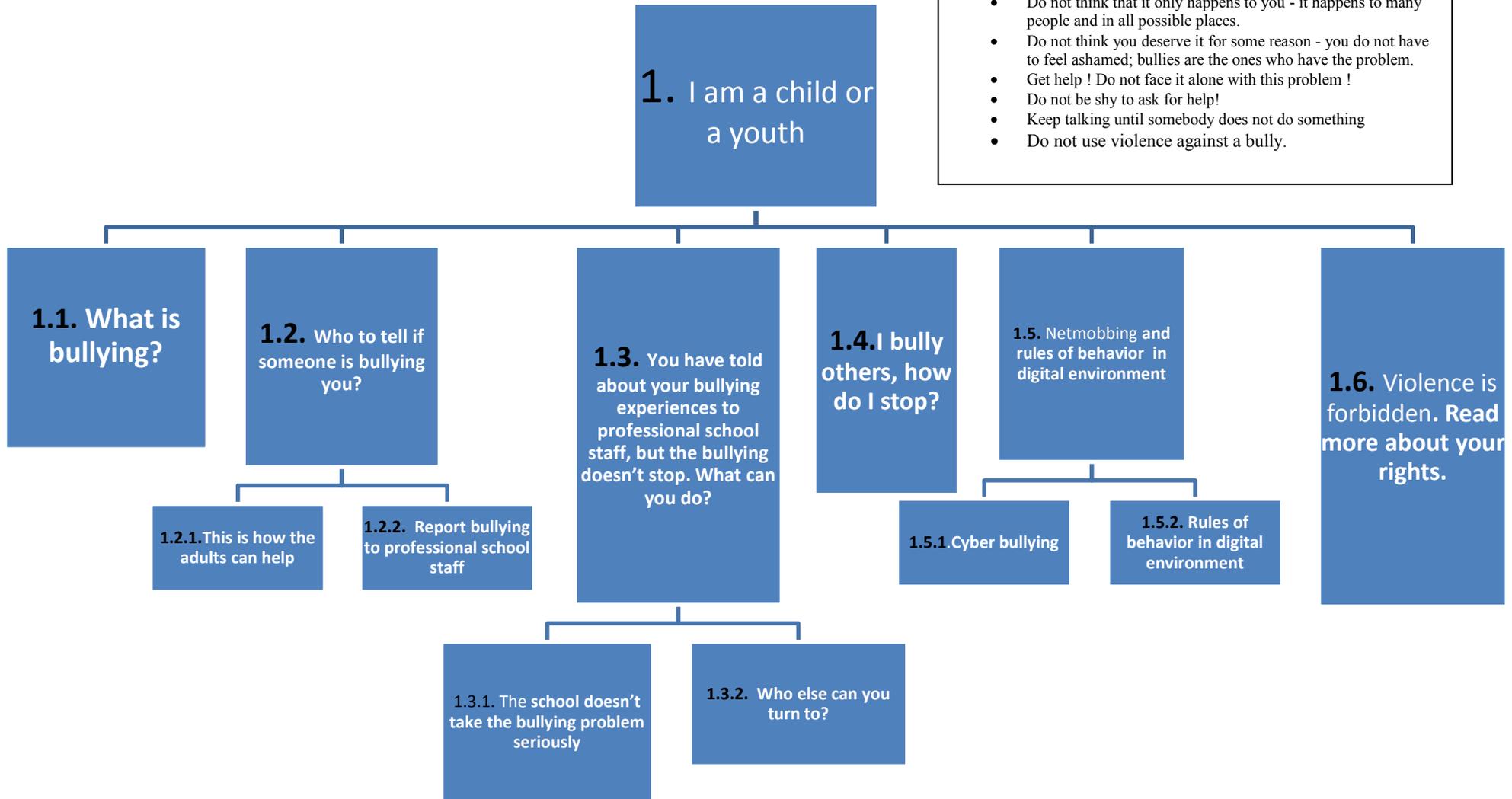


# Stop bullying in school

(HOW CAN I STOP THE BULLYING?)

After selecting the menu child this is the message that opens :

- Do not be afraid to report bullying
- Do not think that it only happens to you - it happens to many people and in all possible places.
- Do not think you deserve it for some reason - you do not have to feel ashamed; bullies are the ones who have the problem.
- Get help ! Do not face it alone with this problem !
- Do not be shy to ask for help!
- Keep talking until somebody does not do something
- Do not use violence against a bully.



## **Stop bullying in school**

### **(HOW CAN I STOP THE BULLYING?)**

#### **1. I am a child or a youth**

Do not be afraid to report bullying

- Do not think that it only happens to you - it happens to many people and in all possible places.
- Do not think you deserve it for some reason - you do not have to feel ashamed; bullies are the ones who have the problem.
- Get help ! Do not face it alone with this problem !
- Do not be shy to ask for help!
- Keep talking until somebody does not do something
- Do not use violence against a bully.

##### **1.1. What is bullying?**

The definition of bullying is if one or more persons over time are repeatedly harassing, attacking, injuring you or are excluding you from games and activities and it's hard for you to defend yourself.

Such violence can take the form of threats, physical injury, rejection, making fun with you, teasing, gossiping, taking things, destroying things or nasty comments. It includes slander, humiliation, teasing and threats over the Internet or mobile phones. The important thing is how you feel and how you feel at the same time.

##### **1.2. Who to tell if someone is bullying you?**

Parents or supervising adults

An adult you trust

Teacher, social teacher, counsellor, or others at school

A friend you trust.

### **1.2.1. This is how the adults can help**

Immediately tell about the bullying. Don't wait for it to pass.

Tell the adults what happened. You can not change the abuser, but you can tell an adult you trust who can talk to him or can help you in any other way. Sometimes bullies are intimidating not to tell anyone what is going on, but only because they know that they can be prevented.

Try to remember it correctly.

Remember: It's how you feel that counts. That's the law.

No adults can say, "Deal with it", "You are not better yourself", "You just have to stay away from the bullies" or "It will pass", " These are children's work "or" What does not break you, makes you stronger ".

### **1.2.2. Report bullying to professional school staff**

Report violence to a class teacher, educator, psychologist, or other teacher you trust.

If violence is committed by a teacher or any other employee of the school, you should immediately report the violence to school associates (psychologists, educator) and to the school headmaster The school expert associates must talk to you about your problem and find ways to stop the violence immediately.

If you're injured, medical help will be provided to you.

The headmaster and professional staff of the school are required to notify your parents or guardians and meet them with all the facts and circumstances that were previously learned and should inform them about the activities that they will take. They also must keep official records of undertaken activities, interviews, statements and observations while respecting your dignity and giving you support.

Read more about the application process:

**Rules for handling of educational school staff in school institutions to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities (NN 132/13) [http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)**

**Rules of handling in the case of violence among children and youth**  
**[http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu)**  
**(See prevention of violence among peers)**

**1.3. You have told about your bullying experiences to professional school staff, but the bullying doesn't stop. What can you do?**

**1.3.1. The school doesn't take the bullying problem seriously**

You have the right to have a good school environment. Bullying is forbidden.  
A legal obligation of the school is to listen to you and to do everything to stop the violence.  
If the school still does nothing, make report to the school inspection.

**Independent Sector for inspection supervision**

Head of department: Mihaela Adamović  
Telephone: +385 1 4594 410  
E-mail: [prosvjetnainspekcija@mzos.hr](mailto:prosvjetnainspekcija@mzos.hr)

**1.3.2. Who else can you turn to?**

Who else can you turn to? Call or write an e-mail!

**Brave phone** <http://www.hrabritelefon.hr/>  
E-mail: [savjet@hrabritelefon.hr](mailto:savjet@hrabritelefon.hr)  
Telephone: 116 111

Brave phone for kids is a safe and confidential place where you can turn over to talk with a qualified person and look for an advice on how to proceed or to place in a certain situation.  
It is important to know that everything you say is confidential between you and the person you're talking with on the line - Volunteers of the Brave phone.

Line itself is anonymous, meaning you do not have to say your name, surname, from which city you are calling or any other information so that you can feel safe talking and confiding what's bothering you.

It is important to emphasize that the line is totally free, calling from any phone - landline, cell phone, or even a public phone without a phone card, simply typing the number 161-111

The line is open every working day from 9 a.m. to 20 p.m.!



**116 111**  
HRABRI TELEFON ZA DJECU  
**0800 0800**  
HRABRI TELEFON ZA MAME I TATE  
WWW.HRABRITELEFON.HR  
SAVJET@HRABRITELEFON.HR

**MUP RH** <https://redbutton.mup.hr/>

Red Button is an application that is specifically designed for children and allows the registration of Internet content for which you suspect to be illegal and refers to various forms of exploitation or abuse of children.

**Office of the children ombudsman** <http://www.dijete.hr/>

E-mail: [mojglas@dijete.hr](mailto:mojglas@dijete.hr)

Adress: Teslina 10, 10000 Zagreb

Fax: + 385 1 4921 277

You can contact children ombudsman if your rights are violated. You can do it anonymously.

#### **1.4. I bully others, how do I stop?**

Seek help. Speak with your parents, your adult supervisor, your teacher or other someone you trust.

Try to imagine how it is to be bullied. How does it feel to be banned, laughed at, or bullied?

Do not do to others what you would have them do to you. Remember that some day you might regret because of your current violent behavior.

Even today you can decide that you will change your actions.

Who else can you turn to? Call or write an e-mail!

**Brave phone** <http://www.hrabritelefon.hr/>

E-mail: [savjet@hrabritelefon.hr](mailto:savjet@hrabritelefon.hr)

Telephone: 116 111

Brave phone for kids is a safe and confidential place where you can turn over to talk with a qualified person and look for an advice on how to proceed or to place in a certain situation.

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[SAVJET@HRABRITELEFON.HR](mailto:SAVJET@HRABRITELEFON.HR)

## 1.5. Netmobbing and rules of behavior in digital environment

### 1.5.1. Netmobbing

What does electronic violence include?

- sending of anonymous animosities e-mails
- encouragement of group animosities
- spreading of violent and abusive comments about peer
- creating websites (blogs) that contain stories, drawings, pictures and jokes on account of peers
- sending pictures of others and searching of them evaluation by certain characteristics
- disclosure of personal information about others
- "hack" into someone else's e-mail address
- sending malicious and unpleasant contents to others
- death threats
- exposure to inappropriate content
- sexual solicitation

**Are you a victim of cyber bullying or you have notice it? Treat it as you would do with any other form of violence.**

If someone sends you a malicious or threatening messages by cell phone or e-mail, do not answer, but do not delete it (the message may be evidence to the police). Show it to adult whom you trust.

While, surfing the Internet, you might find sites that will disturb you by their violent or sexual content. Speak to the person to whom you trust and remember that you have the ability to report to police sites with such content and that they can be eliminated. Do not be afraid to report inappropriate content, it is easy to make, and registration is anonymous.

If you want to report inappropriate content to the police, do it before you report it to the administrator / moderator of the social network or you could store inappropriate content on your computer in order to show it to the police, cause they could be used as evidence.

**MUP RH** <https://redbutton.mup.hr/>

Red Button is an application that is specifically designed for children and allows the registration of Internet content for which you suspect to be illegal and refers to various forms of exploitation or abuse of children

If you receive disturbing or sexually inappropriate message in which someone persuades you to send him your photos without clothes, talk to a parent, teacher or other adult you trust.

Do not delete the data and photos from cell phones or computers so the police could help to find the person that has send to you such messages.

Contact the parent or an adult you trust, even when you do something that you think it is bad.

You're not to blame if you receive abusive, threatening or inappropriate content.

If the person you are communicating wants to know if your parents read your messages, or if she requests from you hiding your communication with her, you should notice that to your parents because that person does not have "good" intentions. Help children and youth who are experiencing abuse by SMS messaging and by Internet so that they clearly say that's not right what is happening to them and be supportive and see how difficult to them is. Do not hide the violence and immediately notify an adult about what's happening.

Do not forward messages that offend and disturb others. Do not include in the survey, discussions and chats that denigrate or defame someone.

### **1.5.2. Rules of behavior in digital environment**

In the world of mobile phones and the Internet, follow the rules of behavior as well as in everyday life. Allow parents to participate in your online activities (parents does not control you but are protecting you!). Respect limitations that parents give you when using the internet.

Do not provide personal information, phone numbers and cell phone, the address where you live, the name of the school where you go, the place where you go out to people who you do not know. When you write about yourself, write generally. Anything you write and declare in text-message or on the Internet becomes public available to a large number of people and you can not control how others will use your data.

Do not send or post your photos and your friends' photos via cell phones or Internet. Once you send or post the photo, you have no control over it and you do not know what's going on with it. With a little skill and with basic graphics programs variety of photomontage can be done.

Do not send your photos to a stranger on the Internet.

Do not continue the conversation that made you feel uncomfortable or if the conversation becomes too personal.

Never reply to e-mail messages that are obscene or if you feel uncomfortable because of.

Block users with whom you do not want to communicate.

Do not shoot and do not forward records and images that may embarrass others, shame or expose them to ridicule and insult.

Do not put on the internet anything you would not like that your friends and acquaintances see, even in e-mail or text message. Before you write a message, post your story or photo, ask yourself whether you will hurt anybody. Do not to others as you would have them do to you.

Take care of yourself and others! Everything that applies to the storage of your data can be applied to others to. Save your password for yourself, and keep it secret.

Do not take prepaid for mobile phone from an unknown person, because he will surely look for something in return. Never go alone to a meeting with the person you've met via phone, chat or via the blog. If the person insists that you arrive unaccompanied, do not go to such a meeting.

If you want to report inappropriate content to the police, do it before you report it to the administrator / moderator of the social network or you could store inappropriate content on your computer in order to show it to the police, cause they could be used as evidence.

**MUP RH** <https://redbutton.mup.hr/>

Red Button is an application that is specifically designed for children and allows the registration of Internet content for which you suspect to be illegal and refers to various forms of exploitation or abuse of children

#### **1.6. Violence is forbidden. Read more about your rights.**

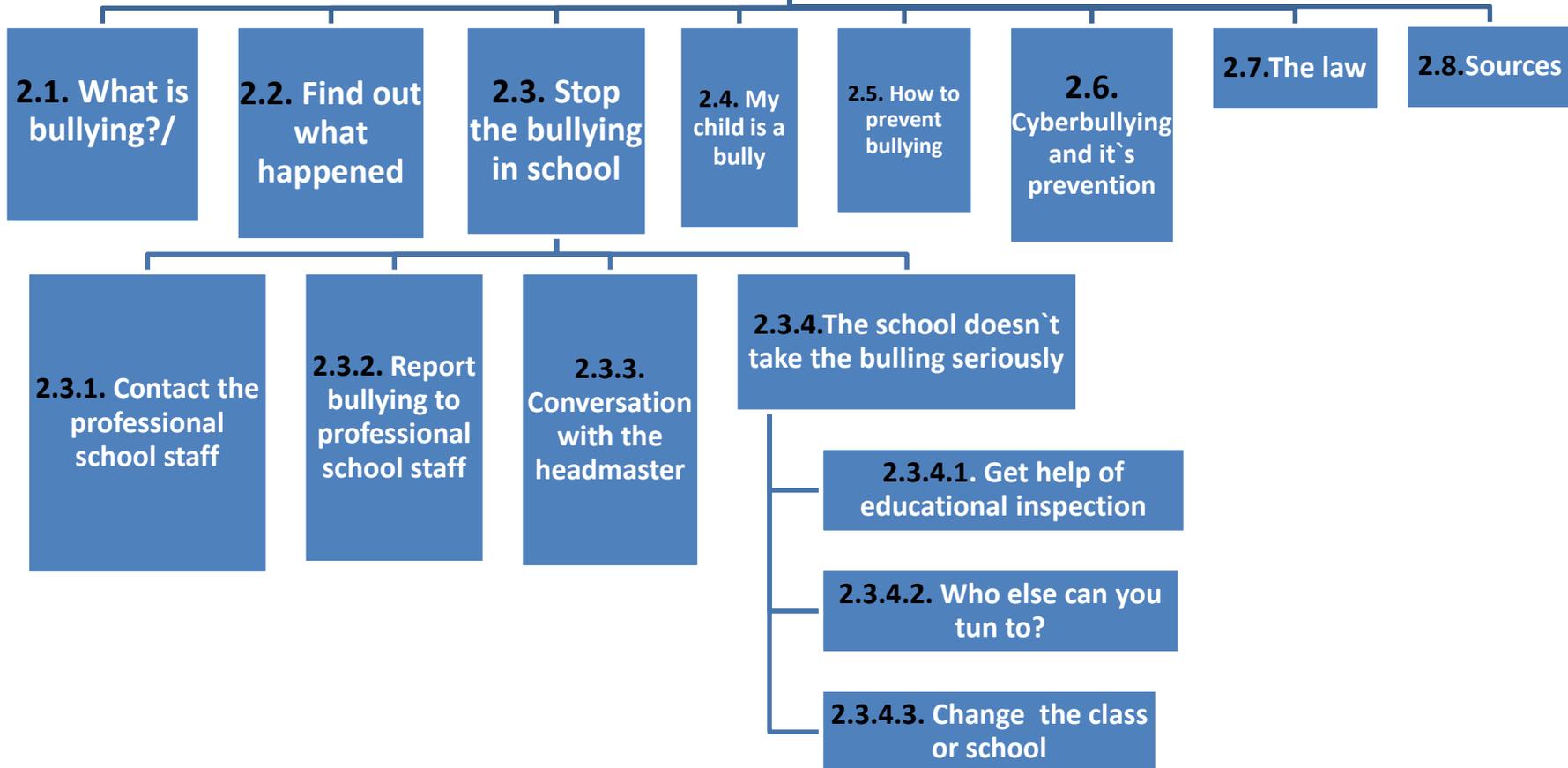
**Children rights** <http://www.hrabritelefon.hr/adminmax/tinyMCE/uploaded/file-type-icons/prava%20djeteta.pdf>

**Read more about the application process about violence in school:**

**Rules for handling of educational school staff in school institutions to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities (NN 132/13)** [http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)

**Rules of handling in the case of violence among children and youth**  
[http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu) (See prevention of violence among peers)

## 2. I am a mother, father or guardian



## **2. I am a mother, father or guardian**

### **2.1. What is bullying?**

We can say that bullying is if one or more persons over time are repeatedly harassing, attacking, injuring or are excluding from games and activities some other person which it's hard to defend itself.

Such violence can take the form of threats, physical injury, rejection, making fun with someone, teasing, gossiping, taking things, destroying things or nasty comments. It includes slander, humiliation, teasing and threats over the Internet or mobile phones.

Bullies find victims who are vulnerable because of something or different from their peers (skin color, gait, name, size, religion, eyeglasses, family, dress code ...). Often the victims are silent, quiet, passive, anxious, insecure and of low self confidence. They have a few friends who sometimes stand in their defense.

Children victims of violence often try to hide it from adults because they are afraid of being regarded as weak and cowardly, or of fear that the situation will only worsen.

There are signs that can help us to recognize that a child is a victim of violence at school.

Victims of bullying:

- are afraid to go to school and from school
- change the usual route to school
- ask parents to drive them to school
- refuse to go to school
- are "sick" in the morning before school, have headaches or stomach aches
- exacerbates their school success
- come home with a broken clothes and damaged books
- come home hungry (someone take their money)
- become withdrawn, with low self confidence
- become anxious, tense, stop eating
- are threatening to commit suicide or try to attempt it
- asleep crying, having nightmares
- remain without their belongings, often "lose" allowance
- are increasingly asking for money or start stealing (to give the abuser)

- refuse to talk about what's wrong
- have unexplained bruises, scratches and cuts
- begin to intimidate other children
- become aggressive and depressed
- start marking from the school
- provide incredible excuses for these behaviors
- are holidaying alone, and classmates are not concerned because of that
- do not choose them in group sports
- seek closeness of teachers
- are uncertain and anxious if they need to stand in front of the board or class.

Remember: it is enough that the child is feeling bad at school, the school must help

## **2.2. Find out what happened**

Help your child to confide in you, return the child confidence and praise him because he entrusted to you.

Reassure him thinking that, for some reason, it deserves to be a victim. Tell him that he does not have to feel ashamed; bullies are the ones who have the problem.

Identify the problem and do not underestimate the size of the problem.

Explain to your child that violence should not react to violence. You can not say, for example, "Give him back!"

Include school in solving problems. Respond quick do not wait until the next parent-teacher meeting.

Encourage your child to socialize with friends at school and on the way to school.

Agree to walk children to school if the bullying occurs on the way to school.

Often, brothers, sisters and friends of the child know of intimidation a lot before parents and teachers but does not react because they are asked to sacrifice or of fear of becoming victims.

If you suspect that your child is exposed to intimidation, except with him / her talk also with other children in the family, as well with the child's friends to confirm their suspicions and help your child as soon as possible.

Keep track of all incidents.

Encourage him to tell you if he know for any case of violence and advise him to inform the school educator, psychologist or teacher about. Encourage the development of a child's social skills (kindness, empathy, listening, nonviolent conflict resolution, cooperation, expressing desires and needs ...)

For psychosocial assistance you can call Brave Phone for parents 0800 0800 number.

The line is anonymous and can be obtained free of charge by calling from any phone - landline, cell phone or even a public phone without a phone card. It is a safe and confidential place where every parent and another adult, concerned for the welfare of the child, may turn and talk with a professional person or sought advice on how to proceed or to place in a specific situation related to the child. The line is open every working day from 9 a.m. to 20 p.m.

## **2.3. Stop the bullying in school**

### **2.3.1. Contact the professional school staff**

Immediately ask for a meeting with the class teacher, professional staff or with the headmaster.

Get information of you rights prior to the meeting.

It is a legal obligation of the school to provide a safe school environment. In the case of violence among children and youth schools must act in accordance with the Rules of Procedure in the event of violence among children and youth based on the content and obligations prescribed in the Program of activities to prevent violence among children and young people and about protection and the rights of children and young people in educational institutions released by the Government on February 25<sup>th</sup>, 2004.

Read more about the application process:

**Rules for handling of educational school staff in school institutions to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities (NN 132/13) [http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)**

**Rules of handling in the case of violence among children and youth [http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu) (See prevention of violence among peers)**

Insist in cooperation with the school. Conflicts do not lead to a solution. Act calmly and keep in mind your goal. Take your own notes about all.

### **2.3.2. Report bullying to professional school staff**

The competent person in educational institutions in charge to coordinate activities related to the issue of violence should immediately take all measures to stop and terminate the current violence against a child, and if necessary to seek the help of other employees of an educational institution or, if necessary, call the police officials.

The competent person should immediately conduct an interview with a child who is a victim of violence, in the case that there was a medical intervention, and with agreement with the doctor as soon as possible.

Interviews with the child should be done in the presence of some of the professional staff of an educational institution, and treated with special care, while respecting the dignity of the child and giving him support.

To the parents or legal guardians of a child who is a victim of bullying should be provided information about possible forms of consultation and technical assistance to the child in the educational institution and beyond, with the aim of supporting and empowering the child and dealing with traumatic experiences.

An interview with abuser should be done in the presence of other children or adults who have knowledge of the committed violence and all the circumstances related to the shape, intensity, severity and duration of violence should be established.

In that case the social welfare centre should be notified, and if necessary should take all measures to reconcile children and to create a tolerant, friendly behavior in educational institutions.

About the undertaken activities, interviews or statements, schools should take notes and protected data records that would be given to competent authorities if necessary.

#### **Article 2**

School institution is required to provide the student:

- The protection of the rights prescribed by the Croatian Constitution, conventions, laws, implementing regulations,
- The implementation of programs that promote the protection of their rights, safety and health.

#### **Article 3**

Protecting the rights of students is achieving:

- by preventing violence among students, between students and workers of the schools, between students and other adults;
- reporting violations of students rights to professional bodies in educational institution;

- reporting violations of students rights to the competent authorities outside the educational institution;
- by handling of professional bodies in academic institutions to victims of violence;
- by handling of professional bodies in academic institutions according to students bullies;
- by handling of the academic institutions in cooperation with the competent authorities outside the school institution to the victims of violence;
- by handling of the academic institutions in cooperation with the competent authorities outside the school institution to students bullies.

School facility is required to take care for the realization of the rights of all students.

School facility is required to specifically take care for realization of the rights of students in the cases of all forms of violence, sexual abuse, neglect, educational neglect, maltreatment and exploitation.

School facility is required to implement existing prevention and intervention programs and to develop new appropriate model of their monitoring and evaluation.

List of regulations which define the rights of students and the type and form of violence and their glossary is published on the website of the ministry responsible for education.

#### Article 5

In cases or doubt that there is a physical and emotional violence, sexual abuse, neglect, maltreatment or exploitation of students if necessary, educational workers, colleagues in the educational and teaching institution and the headmaster, in cooperation with relevant institutions and bodies are obliged to initiate proceedings in order to protect the rights of students.

In the case of violence among students, the protection of the students rights will provide educational workers and headmaster acting in accordance with the Rules of handling in the case of violence among children and youth and with a set of procedures and measures carried out by the competent authorities and valid regulations.

Read more about the application process:

**Rules for handling of educational school staff in school institutions to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities (NN 132/13) [http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)**

**Rules of handling in the case of violence among children and youth [http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu) (See prevention of violence among peers)**

Insist in cooperation with the school. Conflicts do not lead to a solution. Act calmly and keep in mind your goal.  
Take your own notes about all.

If an adult at school is bullying your child, contact directly the headmaster.  
Demand that the school takes immediate action to stop the bullying.

### **2.3.3. Conversation with the headmaster**

The headmaster may ask from you a written statement (application). The written statement should contain:

- What happened? - Write a summary
- How long does the abusing continue?
- Who are the actors if you know?
- If you have already sent a request to this topic, please mark when it was

It is a legal obligation of the school to provide a safe school environment. In the case of violence among your child in the school his rights are violated. In that case, in the statement (application) you can call on the Rules for handling of educational staff in schools to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities(NN 132/13)

**[http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)**

Featured articles and items you can find in the menu **Report bullying to professional school staff**

Maintain contact with the school to keep up the development of agreed activities.

## **2.3.4. The school still doesn't take the bullying seriously**

### **2.3.4.1. Get help of educational inspection**

A legal obligation of the school is to listen to you and to do everything to stop the violence. If the school still does nothing, make report to the educational inspection.

#### **Independent Sector for inspection supervision**

Head of department: Mihaela Adamović

Telephone: +385 1 4594 410

E-mail: [prosvjetnainspekcija@mzos.hr](mailto:prosvjetnainspekcija@mzos.hr)

### **2.3.4.2. Who else can you turn to?**

If the school did not do it, and you feel you need it, you have the right to report abuse to the Centre for the social welfare or police department.

The designated competent person in the centre for social welfare for coordination of activities related to the issue of violence among children and youth is obligated to urgently investigate the case and to obtain information on all the circumstances, particularly the form, intensity, severity and duration of violence. Also she is obligated to recommend the parents or legal representatives of the child involving in counseling or professional help at the social welfare centre or at another appropriate institution, or their services in case of necessity oblige them to engage the child in appropriate forms of psychosocial assistance and supervising the execution of the commitments.

About any received application or information on violence among children and youth, they should keep appropriate protected data records and log and record each treatment of the social welfare centre.

If it is an emergency case, call 192.

In other cases, notify the police by sending an e-mail to [policija@mup.hr](mailto:policija@mup.hr) or report violence in the nearest police station or police department.

The designated competent person in the centre for social welfare for coordination of activities related to the issue of violence among children and youth is obligated urgently send a specialized police officer for juvenile delinquency and to take the necessary urgent measures and actions to determine the facts and circumstances related to the application, and take all necessary actions to assist the victim in order to prevent the violence, as well as provide medical care for victims.

She must obtain the information needed to clarify the case and to determine the possible existence of punishable acts elements and to identify the perpetrators.

She also must in the presence of a parent or legal guardian, and in the case of their unavailability, in the presence of employees of the social welfare centre, carry out a criminal investigation of juvenile perpetrators.

In accordance with applicable regulations and depending on the circumstances of the case, they must report it to the social welfare centre and propose the appropriate protective measures.

In the case of application of violence among children and youth, they must maintain protected data records.

Read more about the application process:

#### **Rules of Procedure in the event of violence among children and youth**

**[http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu) (see prevention of violence among peers)**

You can contact children ombudsman person if you want to draw attention to the violation of the rights of the child in cases where other institutions that were obliged to help (schools, pupils or children's home, the police, social welfare center, etc.) have not helped or have not done it on satisfactory manner. Applications may be related to the violation of the rights of the individual child or the general phenomena that threaten the rights and interests of children.

Applications can be submitted orally, by telephone, personally and in written form:

- by e-mail to the address of children ombudsman, Tesla 10, 10000 Zagreb, Croatia
- the fax number + 385 1 4921 277
- e-mail [info@dijete.hr](mailto:info@dijete.hr)

On this web page you can find ready-made form of complaints.

[http://www.dijete.hr/index.php?option=com\\_content&view=article&id=81&Itemid=133&lang=hr](http://www.dijete.hr/index.php?option=com_content&view=article&id=81&Itemid=133&lang=hr)

If the ombudsman in performing their duties, find out that the child is subjected to violence, abuse, exploitation or is neglected, she should report it to the competent State Attorney's Office and inform the social welfare centre.

### **2.3.4.3. Change the class or school**

Remember that this should be your last option. Changing schools can have big consequences for a child.

About this intention you should inform the headmaster of the school that your child attends. In a conversation with him and with professional associates determine what is best for your child and make sure that all other options are exhausted. If your child appears psychosomatic symptoms, you may want to request a medical confirmation of the school medicine laboratory. If you decide to change class or school, find a class or school that will suit best the needs of your child.

## **2.4. My child is a bully**

It is difficult to accept that your child is bullying other children, do not underestimate the problem.

The warning signs of violent behavior:

- anger attacks that last longer than 15 minutes that anyone can not appease (parents, family members ...) so they eventually ease them up
- poorer attention and concentration
- often interfere school activities
- have a poor success in school and absent from school for no reason
- often get into fights with other children
- on the disappointment, criticism and teasing they react with extraordinary anger, guilt and revenge
- often watch violent movies and play violent games
- have few friends and are often not accepted because of their behavior
- make friends with other children who are known as aggressive and disobedient
- Frequent opposing to adults
- tease and prefer animals
- feel frustrated
- act as they do not empathize with others

If you suspect that your child is a bully, it is important to immediately, seek help before it comes major educational, social, emotional and legal problem.

It is important to know what causes this behavior and develop a plan to change violent behavior and thereby to talk with the child, the educator, the school headmaster, school counselor, psychologist, or psychiatrist.

Children bullies may have many reasons for their behavior: they imitate older brothers, parents, relatives, they do not know the other, better ways to communicate with other children, themselves have abusive experiences, and they feel tense due to various sources of stress.

Talk to your child, explain to him the consequences of violence on victims, be present in the child's activities.

Encourage the whole family to different behavior, be an example.

Do not let your child witnessed violent behavior at home.

Show your child other ways of socializing.

Talk to your child about everything, even about school (Be persistent if on the question: How was in school? He usually responds well.

Encourage your child and praise him for collaborating with others and nonviolent conflict resolution.

It is important to focus on the child good social habits.

Write a few rules how your child should behave in society. Praise him when it behaves according to the rules. For violation of the rules must bear consequences.

Children who shows aggressive behavior are at increased risk of becoming a person with criminal behavior.

### **Who to turn to ?**

**Brave phone** <http://www.hrabritelefon.hr/>

**Brave phone for parents 0800 0800**

The line is anonymous and is free of charge by calling from any phone - landline, cell phone or even a public phone without a phone card. It is a safe and confidential place where every parent and another adult, concerned for the welfare of the child, may turn and talk with a professional person or sought advice on how to proceed or to place in a specific situation related to the child. The line is open every working day from 9 a.m. to 20 p.m.

### **2.5. How to prevent bullying**

Studies have shown that violent and aggressive behavior is learned early in life.

Give children the love and attention.

If a parental role seems too heavy and stressful for you, talk about it with your child's educator or other specialist. They will give you advice or point you in parental counseling.

Be patient, do your best do not respond in a hostile manner to the child's behavior.

Be present in the child's life, a child needs a quality control (you should know where your children are at all times and who they are

friends with).

Encourage children to participate in school and extracurricular activities.

Help children learn how to constructively and non-violently take advantage of their free time.

Teach your child how to react to other people's insults, threats or shocks. Explain to your children that such behavior is not acceptable and encourage them not to socialize with children who behave in this way.

Be a model of appropriate behavior because children learn by example.

Praise your children when they solve the problems constructively without violence. Kids will probably repeat positive behavior if and when we notice that and award them with praise and attention.

Teach your child that it is better to settle in a peaceful manner, not fists, threats or weapons.

Do not hit kids!

Teach them how to learn from their mistakes. Help them to understand how they can avoid repeating the same conflict in the future. It is very important not to embarrass and humble them. The problem is the behavior, not the child!

Be consistent in the rules of discipline because children need structure with clear expectations.

Parents should involve children in setting rules whenever possible. Together you should make agreement how you will behave towards each other.

Protect children from violence in the home or in the neighborhood and from seeing violence in the media.

Help them to understand that it takes more courage and strength to resist violence than to accept violence.

More about the concept of cyber bullying and its prevention can be found **in the menu Cyberbullying and its prevention** .

## **2.6. Cyberbullying and its prevention**

### **What is cyberbullying?**

It is every communication activity over the Internet, video or mobile phone which serves to humiliate another person, bully, threaten her or abuse it otherwise.

### **What does cyberbullying include?**

- sending anonymous animosity e-mail
- encouragement of group animosity
- the spread of violent and abusive comments about peer
- creating websites (blogs) that contain stories, drawings, pictures and jokes directed to peers

- sending pictures by other photographers that other will search by certain characteristics
- disclosure of personal information about others
- "hack" into someone else's e-mail address
- sending malicious and unpleasant contents to others
- death threats
- exposure to inappropriate content
- sexual solicitation

### **How to prevent cyberbullying?**

#### Tips:

- find time for kids
- let your children know that you are interested in their activities on the Internet
- set rules when using the internet (with the child)
- Put the computer in the living room, not in your child's room
- If your child has opened a profile on a social network, create your own profile on the same network and make friends, but remember that your child has the right to privacy
- consult your child to make friends with people he knows in real life
- social networks have security mechanisms that serve for protection of all users, learn to use them (registration inappropriate content)
- emphasize that children are careful about who they give a cell phone number
- explain that they are not allowed to send photos or videos of other people without their permission, or send material that may offend other people
- If a child receives an inappropriate message, call or is exposed to violence, support and encourage him to immediately talk with you or another adult he trust
- If it comes to more serious forms of violence, especially frightening threats, consider the option of telling the police (save messages in your cell phone, or somewhere else write data with the date, time and content of messages or calls)
- emphasize your children as they are not blame if they are victims of virtual violence
- make sure that your child understands the basics of security and privacy on the Internet

## Who to turn to ?

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**MUP RH** <https://redbutton.mup.hr/>

Red Button is an application that is specifically designed for children and allows the registration of Internet content for which you suspect to be illegal and refers to various forms of exploitation or abuse of children

More tips for children in section: **Rules of behavior in digital environment**

(Look into the menu-section: **I am a child or a youth - Cyberbullying and it`s prevention** )

## 2.7. The law

**Violence is forbidden. Read more about children rights.**

**Children rights** <http://www.hrabritelefon.hr/adminmax/tinymce/uploaded/file-type-icons/prava%20djeteta.pdf>

Read more about the application process about the violence in school:

**Rules for handling of educational school staff in school institutions to take measures to protect the rights of students and notifying any violations of these rights to the competent authorities (NN 132/13)** [http://narodne-novine.nn.hr/clanci/sluzbeni/2013\\_11\\_132\\_2874.html](http://narodne-novine.nn.hr/clanci/sluzbeni/2013_11_132_2874.html)

**Rules of handling in the case of violence among children and youth**

[http://www.mspm.hr/djelokrug\\_aktivnosti/zastita\\_djece/sluzba\\_za\\_djecu](http://www.mspm.hr/djelokrug_aktivnosti/zastita_djece/sluzba_za_djecu) (

See prevention of violence among peers)

## 2.8. Sources

### About the app "Stop bullying in schools"

The app "Stop bullying in schools" has been developed by Stavanger Aftenblad (regional mediagroup and newspaper for the Stavanger region), from 2012 - 2013.

The quality of content has been approved, through a series of inputs, from several experts on the field: Gaute Auestad by the national center for learning and behavioral research, Morten Hendis by "Barneombudet" (the national protector of children rights), Hallgeir Bø by Fylkesmannen in Rogaland, Nina Bøhnsdalen representing the parents association in Stavanger, advisor Gaute Bjørnsen in GBrefektor, Marit Bjørkevoll by the association School bullying, Kaja Hegg by Redd Barna (Save the Children) and Hege Andersen by the Mediatilsynet ( Office watching and providing guidelines for media practice).

The content is also derived from renowned research and public sources, such as the ministry of education and the law of education paragraph 9A.

Most of advices on children bullying are mainly collected from the research of Dan Olweus.

Stavanger Aftenblad is responsible for the content of this app.

Croatian version of the app (adaptation of the Norwegian version) was created as part of the EU project THIN LINE - from the Youth in Action program, sub-Action Youth Democracy Projects on the topic of cyberbullying. In achieving this international project, which lasted from January to September 2014, participated City of Labin and High School Mate Blažine Labin, on the one hand and Norwegian City Sandnes and its Youth Council on other.

In development of the Croatian version relevant laws and protocols as well as the following facilities and resources with the agreement stated were used:

Poliklinika za zaštitu djece grada Zagreba [www.poliklinika-djeca.hr](http://www.poliklinika-djeca.hr) (20.4.2014.-10.6.2014.)

Hrabri telefon <http://www.hrabritelefon.hr/> (20.4.2014.-10.6.2014.)

Savjetovalište Luka Ritz <http://www.savjetovaliste.hr/> (20.4.2014.-10.6.2014.)

Ministarstvo unutarnjih poslova <http://www.mup.hr/> (20.4.2014.-10.6.2014.)

Pravobranitelj za djecu <http://www.dijete.hr/> (20.4.2014.-10.6.2014.)