

Bullying at school - A guide for concerned parents -



Deutsche Schule Nairobi
German School Nairobi

What is bullying?

Bullying is a conflict dynamic in which a group of students repeatedly acts against an individual student over a longer period of time (e.g. insults, exclusion, extortion, physical or psychological violence).



What can parents do?

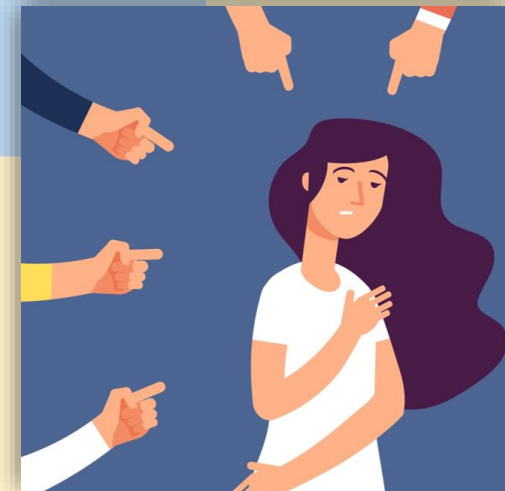
Share your concern!

- Inform the classteacher and/or the school social worker.
- Report how your child is doing.
- Ask for the impression of the pedagogical staff.
- Ask for an explanation of the measures the school is taking.
- Give the school time to implement the measures.
- Stay in contact with the school.



What parents should NOT do!

- Contact the parents of the bully.
- Address the situation at a parents evening.
- Confront the bully.
- Blame your own child.
- Start parallel interventions.





What does the school do about bullying?

At the German School Nairobi we work with the NO BLAME APPROACH!

This approach, which does not involve blame or punishment, is a very successful approach to bullying. It follows a set procedure.

Step 1

Talking to the person affected

Goal: Inform the person about the intervention and obtain his/her consent.

Convey confidence that the difficult situation can be ended.

Step 2

Talking to the support group

A support group is formed consisting of 6-8 students.

The main actors and neutral students are included.

Together, possibilities for solving the situation are collected.

Step 3

Follow-up meetings

One to two weeks later, all persons involved in the solution process are invited individually.

It is discussed how the situation has changed.

If necessary, further steps are planned.

FAQ

What can parents do to support the school's approach?

Instill confidence in your child that the situation can be improved.

Watch for positive changes after the intervention begins.

Contact the school if you do not observe any changes.

Could your own child get caught in the middle?

Practical experience does not confirm this fear.

The children's participation in the support group is voluntary and they decide for themselves how they want to participate.

Why are the bullies not punished?

With the "No Blame Approach", we rely on the abilities of children and young people to find good solutions to difficult situations.

When we refrain from punishment, we also get the bullies on board.

This has proven to be a successful strategy.

Depending on the case, reparation procedures can be initiated after the bullying has stopped.

Why are the parents of the bullies not informed?

If your child is invited to the support group, you probably want to know what their role is.

Although we understand this desire, we refrain from specifically informing parents in order to give children the opportunity to participate in the resolution process without punishment.

In the conversation with the support group, we do refrain from assigning blame. Nevertheless, the problem is made clear. The children involved become very aware of their own part in the situation without being embarrassed in front of the class.

