

Bullying

Great Tools for Small Warriors (5)

CONI LA GROTTERIA · Marina Sáez

Rough translation

P. 5

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Why do conflicts arise?

People have many things in common.

We might like the same music or the same games, some may love to read, and others to paint.

These are all things that unite us and that create opportunities for us to learn from one another.

But it is also true that, in the same way, all people are different: we like different things, we think in different ways, and we even learn at different rates. Even our appearance changes over time!

Sometimes, our interests and our differences, as well as the opinions we have, cause difficulties or conflicts in our daily life. This happens naturally and need not turn into something negative, nor create verbal or physical violence. There are many ways to resolve a problem and reach an agreement.

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Imagine that you're in the library.

You know exactly which book you want but, when you go to get it, another child takes it from your hands. In this case, you both have the same interest: the book.

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This doesn't need to be something that makes you rivals, but can be a meeting point that unites the two of you in the future.

You like the same thing!

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Maybe the two of you will decide to take advantage of the moment, to sit down and look at the book together.

If this doesn't convince the two of you, you can also come to an agreement, like negotiating to take turns.

Maybe that day one of the two will take the book home, but the agreement needs to be respected and next time it is the other's turn.

However, imagine that the agreement is not carried out. The child leaves the book in the library and you go to check it out excited...

But when you almost have it in your hands, the other runs towards you and knocks the book to the floor. The boys and girls around you laugh. He picks up the book again, even though he has already read it and knows that you want to read it. You feel like crying.

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You chose another book and sit in your chair. Next time you'll tell... no one. You are too ashamed. And this begins to repeat day after day: sometimes they knock your case or they push you at recess; other times they take your seat in class, laugh at your hair, break your glasses, dirty your shoes...

Does this sound familiar? This is called "bullying."

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What is bullying?

We call it bullying or harassment when someone is suffering situations of abuse or violence by one or more people, carried out in a continuous fashion and on purpose.

There are different kinds of bullying and all of them cause a lot of pain. Psychological or verbal bullying happens when you are insulted and you start to feel afraid and insecure; social bullying is when you are not allowed to take part in activities, you are excluded and discriminated against; physical bullying is when you are pushed or hit, and others use violence to threaten and hurt you; and cyberbullying is when social networks are used to attack someone.

Whale! Midget! Toad! Four eyes!

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VIOLENCE IS...

MOCKING

OSTRACIZING

HITTING

HUMILIATING

BREAKING OR TAKING AWAY SOMETHING

INSULTING

DISCRIMINATING

PUSHING

Many children experience these situations at school, often in silence. They take place in front of a group of observers who passively validate the bullying, perhaps because they are afraid of becoming one of the next to be harassed or because they do not put themselves in the other person's place and simply observe the process without getting involved.

What would you do? Would you speak with someone?

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Are you AFRAID?

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We can be afraid of many things, and these can change as we grow up. Afraid of hurting ourselves, of the dark, of having no friends, of the unknown... but also of violent people, of being made fun of, of death, of failure...

We all fear, and there is nothing wrong with that.

It is an emotion that saves our life on many occasions, because being afraid helps us to anticipate possible danger. It is an unpleasant mechanism that sometimes paralyzes us and threatens our wellbeing but that... does NOT make us less brave.

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You really are BRAVE!

A brave person acts in the face of difficulties with determination and effort.

That does not mean they don't feel fear, but that they are able to go ahead anyway and confront causes or situations that they consider just and worthwhile.

Thus, they express their emotions, despite the shame or fear they feel, and they don't let those emotions paralyze them.

They are a person who makes decisions and faces challenges head on.

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Brave people:

Are not afraid to be wrong.

Are able to imagine themselves in others' position.

Fight for their dreams despite difficulties.

Defend their friends.

Don't use violence.

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The net

We all have an emotional network that is like a net that connects us to the people we love the most. These ties grow and become stronger as time goes by.

It is an invisible net that treasures feelings and memories, which you can always go to if you activate your heart and which sustains us during our most-difficult moments.

We are not alone! Break the silence, find people in your network and tell them what is happening to you.

P. 22**The value of family**

The family will be the emotional refuge, a place to turn to in the case of any problem or situation that you do not manage to understand, no matter how unfair or confusing it may seem. Family will strengthen your emotional net with love, patience, and understanding, and won't create more violence nor look to assign guilt or labels.

Family plays a key role and will be the path to fighting against bullying.

P. 23**The value of friendships**

Friendships fill your connections with games, anecdotes, stories, and many unforgettable moments that will mark your life forever. Friends should care for one another, love one another, and respect one another.

Sometimes, our networks get tangled, because we are different and have different tastes and thoughts we do not share.

But that does not make us any less friends.

Friendships...

They don't abandon you, and if they ever do, you can ask them why and try to fix things.

When they see you are sad, they invent anything for you to feel better.

They know how to listen and to give good advice.

They love and respect you. They will always help you, because you make a great team!

P. 24-25**Prepare your courage**

1. Fill your emotional net with caring people and fun experiences.
2. Take care of yourself, your health, your mind, and your big heart.
3. Trust your possibilities; if you make a mistake, you will also learn.
4. Errors are a process that help us to discover our strengths. Don't give up, and always go for it!
5. Communicate your ideas with respect but above all, express your emotions.

It is brave for people to ask for forgiveness, but really brave to say "I LOVE YOU!"

P. 26**Change your role**

Don't be an observer, be a communicator.

Do you see someone hurting someone else in your class?

Talk to the teachers, tell your family, and great a group of friends to accompany the bullied child, thereby preventing more situations of bullying from taking place.

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Don't be an accomplice, be a defender.

Are you supporting the bully?

Speak to your family, ask them for advice, tell the teachers... They will guarantee confidentiality.

Explain to the bully that what they're doing is not funny and that you will stop being friends with them.

Take action, find more people and join forces the person being bullied.

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Don't be an aggressor, be a collaborator.

Are you the bully?

Talk with your friends, connect with them without needing to show that you are the strongest, the one with the wildest pranks, or the most feared. That popularity doesn't make you a better person; change your attitude and ask for help. Remember: asking for forgiveness is something only brave people do. Talk with your family, tell your teachers; they will appreciate the gesture and will guarantee your privacy, taking the necessary measures to arrive at a solution.

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Activate your network, you are not alone.

Are you the person being bullied?

It is not your fault.

Talk to your family and your teachers and try not to withdraw from your friends.

P. 30-31**The tools that prevent bullying**

If you work on these every day, you'll have the strength to avoid and prevent any kind of bullying.

SELF ESTEEM

It helps you to accept and value yourself.

ASSERTIVENESS

It lets you say what you think and feel in a sincere and respectful way.

EMOTIONAL LEARNING

When you understand the feelings, thoughts, and emotions of other people.

AFFECTION

When you feel kindly toward another person.

JOY

This can be recharged with smiles and fun plans.

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The wall of the brave

What would you say to the bully?

What you do is terrible.

It's not just a joke.

What would you say to the victim?

It's not your fault.

You are not alone.

I am your friend.

Talk to your family.

Count on me.

What would you say to the observers?

Don't be quiet, help.

Act with your friends.

Don't leave them alone.

What would you say to adults?

It is not just a children's "game".

I need you to help me.

I don't want to change schools.

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How to prevent bullying from the family

Has your child's character changed? Do they not want to go to school?

Do they "lose" their belongings? Come home with things broken?

OBSERVATION

REVELATION

CONSOLIDATION

There is no need to cast blame nor mount a battle against the school or other families involved.

Verbalize the situation and don't minimize it.

It is not a prank nor are these just "childish things."

It is time to take action, to offer emotional support and search for solutions.

Let us reflect:

We must be aware that in every family there can be a bully, an aggressor, or a spectator.

The preventative role and adult responsibility is essential as an educational reference.

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How to prevent bullying from the school

- Educate in mutual respect and in the self-evaluation of behaviors.
- Generate dialogues to expose problems or suspicions of school violence.
- Develop a plan for coexistence where students, teachers, and parents all participate.
- Create educational actions which work on empathy and emotional awareness.

Humiliated

Ridiculous

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Powerful
Sad
Lost
Empty
Cheerful
Scared
Alone
Jealous
Inspired
Sorry
Happy
Insecure
Optimistic
Vindictive
Careful
Loved
Brave
Impatient
Upset
Disappointed

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Let us reflect:

When we talk about school bullying, that doesn't mean the situation happens exclusively at school.

Harassment can take place in different spaces where people interact, including social media.

Being emotionally aware means understanding what we feel and what others feel; only in this way can we recognize and empathize with the pain others feel and put an end to situations of bullying.

And how do you feel?

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Little warrior...

You may have seen something that you know is wrong, maybe you yourself are doing something wrong (but your friends applaud you for it and you're afraid to lose them), or maybe you are the butt of all the jokes.

In any of these situations, you are not alone.

The situation is not final and everything has a solution.

ASK FOR HELP. USE YOUR NETWORK.

Remember: We can prevent and even eliminate a case of bullying. You should create a team, because surely there are more boys and girls who are going through the same thing.

You can be the change.