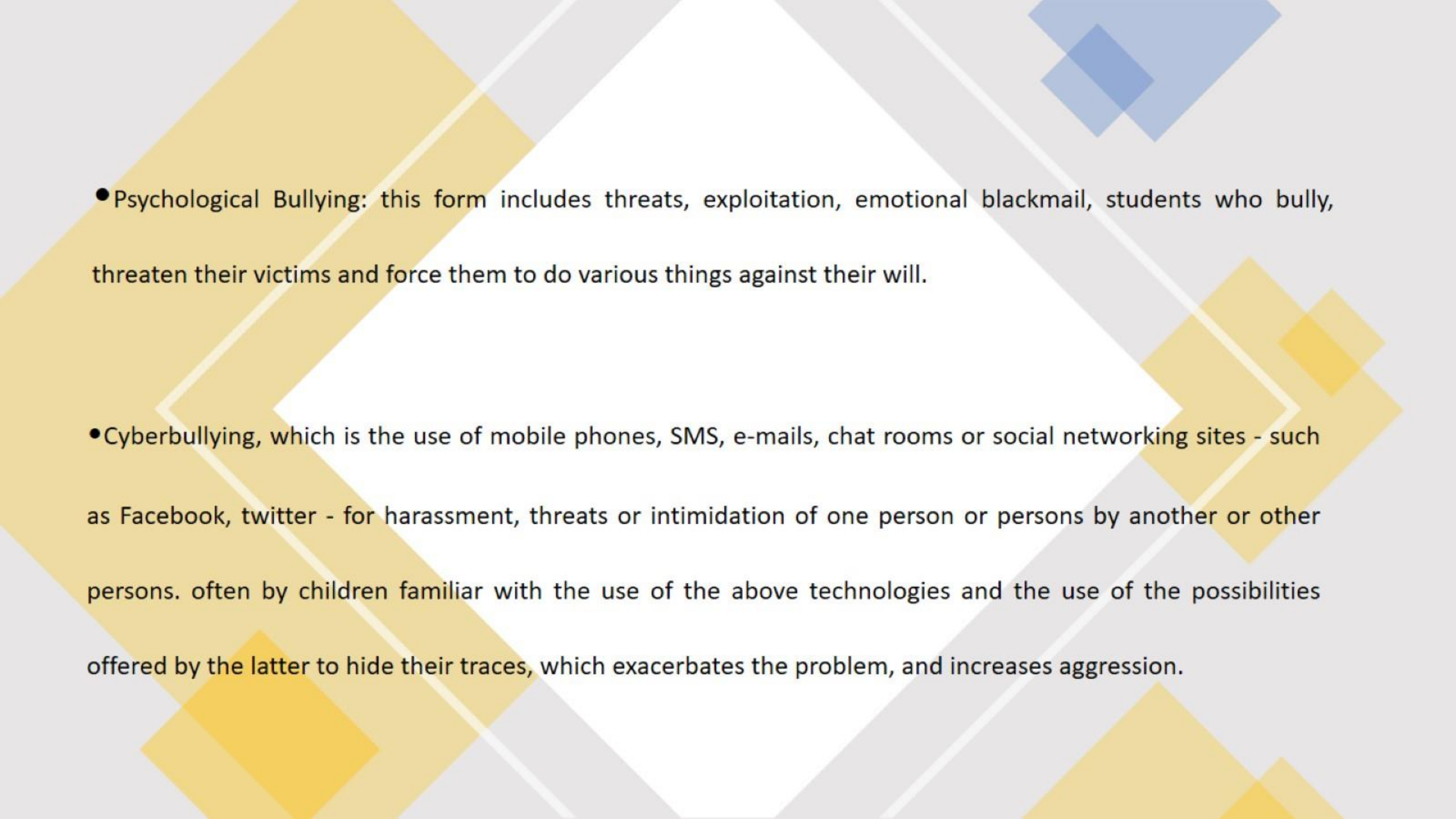


What are the direct and indirect forms of bullying:

School bullying comes in many forms, which include the following features and are classified as follows:

- Verbal bullying, which includes derogatory comments aimed at reducing the other, belittling him, victimizing and marginalizing him. Causes are usually various racist elements, such as origin, language, gender, sexual orientation and learning disabilities.
- Social bullying, through social exclusion or isolation (from a group due to diversity or even its isolation within the group).
- Bullying through physical attacks (hitting, kicking, pushing, spitting).
- Intimidation through the spread of false facts and rumors but at the same time through the violent seizure of objects or destruction of the possessions of the other.



- Psychological Bullying: this form includes threats, exploitation, emotional blackmail, students who bully, threaten their victims and force them to do various things against their will.


- Cyberbullying, which is the use of mobile phones, SMS, e-mails, chat rooms or social networking sites - such as Facebook, twitter - for harassment, threats or intimidation of one person or persons by another or other persons. often by children familiar with the use of the above technologies and the use of the possibilities offered by the latter to hide their traces, which exacerbates the problem, and increases aggression.

Causes of School Bullying

There are many factors that favor the occurrence and manifestation of violence in the school environment, which are described below:

- The main cause of bullying at school is the lack of knowledge and information of both parents and teachers about school violence, as well as the lack of effective management and coping techniques.
- Bad relationships (abuse, alcoholism, conflicts) in the family environment, indifference or lack of free time on the part of parents who do not "build" normal relationships with their children, do not provide them with love and care and neglect them.

Why Teacher-Student Mediation Should Be in Every School

- 1 Enhances student achievement.** Mediation strengthens teacher-student bonds, and students perform best when they feel their teacher cares about them. In busy classrooms, however, teachers don't always have the time or space to develop personal relationships with each student—particularly in a secondary school.
 - 2 Boosts mutual understanding.** One bad day, one mistake, or one misunderstanding can derail a teacher-student relationship and create obstacles to student learning. A trained mediator structures mediation so that in one 50-minute meeting, a teacher and student fully listen to one another, obtain greater insights, restore goodwill, and create a positive plan to move forward.
 - 3 Breaks negative cycles.** National data show that African American males and students with disabilities have the highest rates of disciplinary consequences that remove them from the classroom. When students reenter the class, they may exhibit frustration, withdrawal, or more disruptive behavior, which may result in more removal. Mediation offers a positive way to break this cycle.
 - 4 Promotes social-emotional learning.** There is a national call to help teachers and students broaden their understanding of one another and for schools to model restorative practices that teach social, communication, and problem-solving skills.
 - 5 Provides an individualized intervention.** Because there is no "one-size-fits-all" solution to improve relationships, mediation allows the teacher and student to explore the unique features of how the classroom, the subject matter, and even the time of day may affect their relationship. It also provides a safe way to identify deeper root causes for problematic behavior.
 - 6 Is efficient and free of charge.** Mediation can be embedded as a Tier II intervention within a multi-tiered system of supports or as a standalone intervention. Existing school staff members may be trained as impartial mediators.
 - 7 Fosters understanding, trust, and empathy.** Mediation helps the teacher and student reestablish trust and rapport. The goal of teacher-student mediation is to restore the respect so that teachers can teach and students can learn!
 - 8 Benefits all members of a school community.** Parents/guardians, teachers, students, and school administrators are grateful for positive, skill-building solutions. Mediation can also be an effective intervention to stop student-student conflict/bullying, and to resolve adult conflicts.
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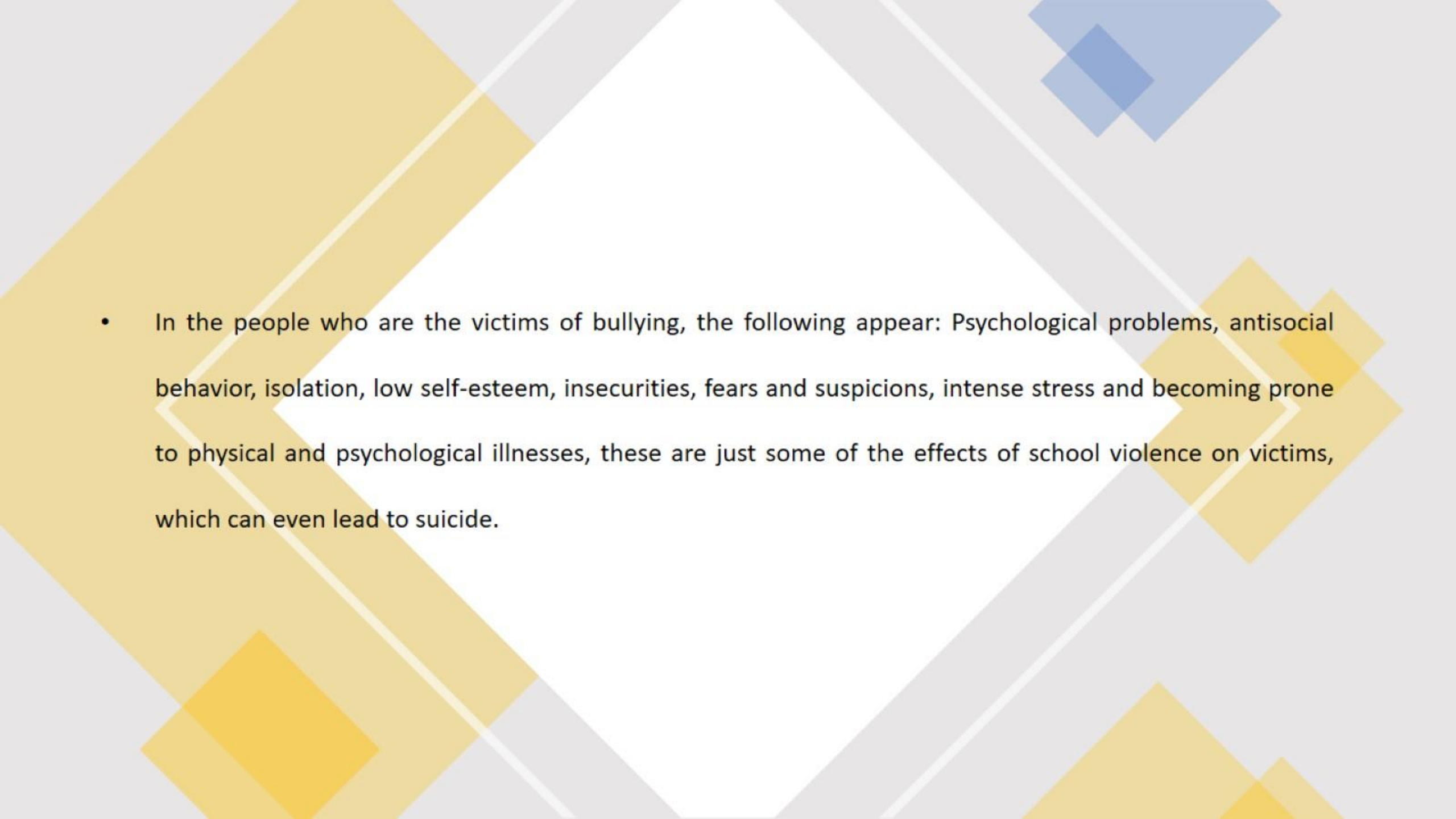
- Bad relationships (abuse, alcoholism, conflicts) in the family environment, indifference or lack of free time on the part of parents who do not "build" normal relationships with their children, do not provide them with love and care and neglect them.
- The competitive character of the educational system, which identifies school performance with the success and the self-confidence index of the young person.
- The technocratic character of modern society fills the young with anxiety.
- Multiculturalism prevails in today's school. In the classroom there are students from different countries, with different mentalities, languages, manners and customs. Foreign students, therefore, are often subjected to violence due to racism.
- The Internet, which is widely used by the majority of children, is a safe place for perpetrators to vent their negative emotions (cyber bullying).

Consequences of School Bullying

Perpetrators may display:

- Behavioral disorders, provocative behavior, antisocial behavior . They develop negative attitudes and feelings about the school environment, exhibit symptoms of depression, anxiety and integration into marginalized groups.



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- In the people who are the victims of bullying, the following appear: Psychological problems, antisocial behavior, isolation, low self-esteem, insecurities, fears and suspicions, intense stress and becoming prone to physical and psychological illnesses, these are just some of the effects of school violence on victims, which can even lead to suicide.

But how is such a morbid condition treated? Is there a way to reduce bullying at least to a large extent? And yet there is a solution and this is called School Mediation!

Indeed , school mediation is a structured process in which two or more students resolve their conflict or dispute with the help of a third-party student, the mediator, who is properly trained who can help other students , resolve conflicts. and their differences with dialogue.

IS IT BULLYING?

NOT NICE

When someone says or does something **unintentionally** hurtful and they only do it **once...**
That is **Not Nice**


MEAN

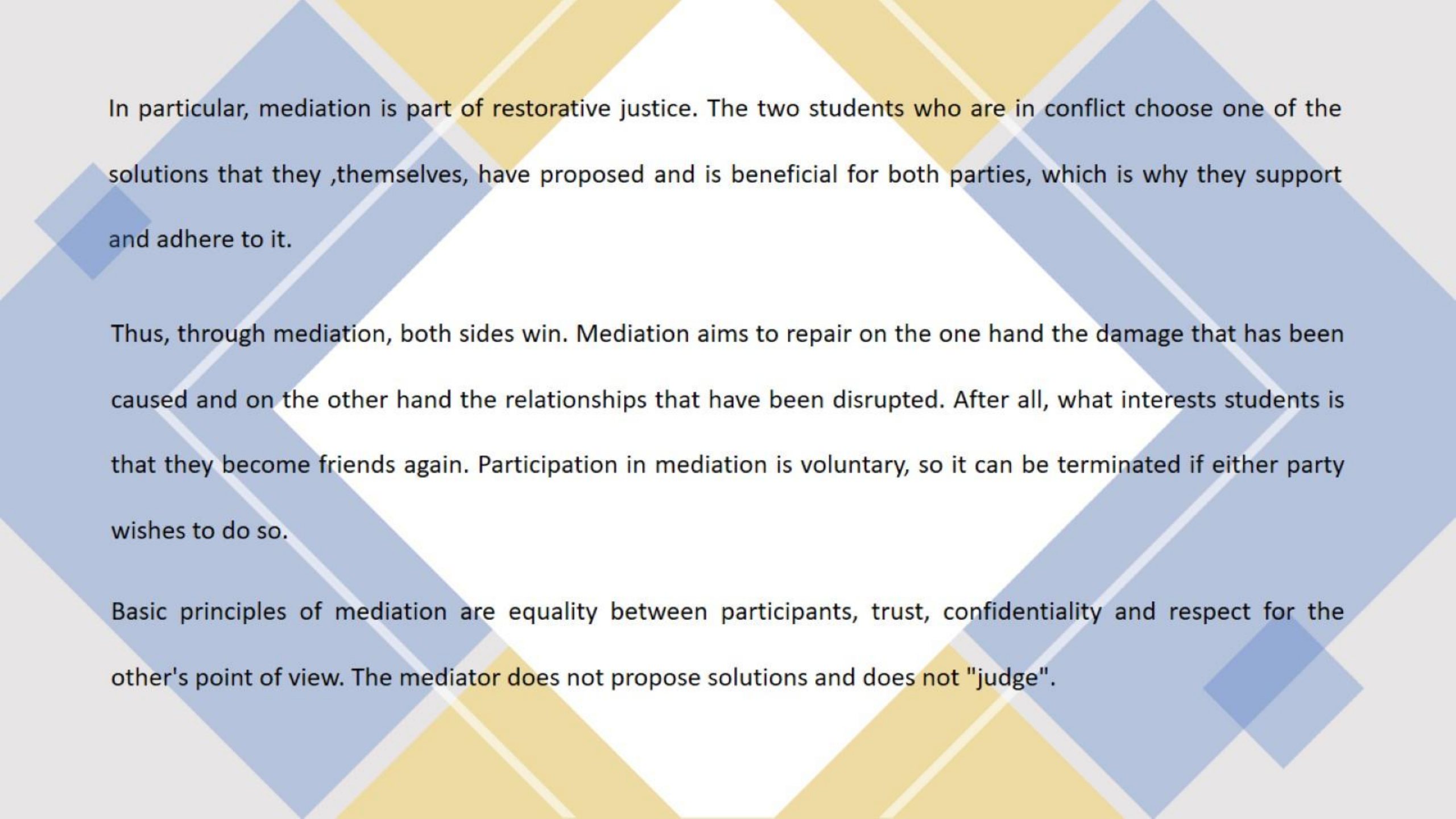
When someone says or does something **intentionally** hurtful and they do it **once...**
That is **Mean**

BULLYING

When someone says or does something **intentionally** hurtful and they **keep** doing it, **over a period of time**, even when you tell them to stop or show them that you are upset...

That is **Bullying**





In particular, mediation is part of restorative justice. The two students who are in conflict choose one of the solutions that they ,themselves, have proposed and is beneficial for both parties, which is why they support and adhere to it.

Thus, through mediation, both sides win. Mediation aims to repair on the one hand the damage that has been caused and on the other hand the relationships that have been disrupted. After all, what interests students is that they become friends again. Participation in mediation is voluntary, so it can be terminated if either party wishes to do so.

Basic principles of mediation are equality between participants, trust, confidentiality and respect for the other's point of view. The mediator does not propose solutions and does not "judge".

ARE YOU BULLYING?

1. Do you pick on people who are smaller than you, or on animals?
2. Do you like to tease and taunt other people?
3. If you tease people, do you like to see them get upset?
4. Do you think it's funny when other people make mistakes?
5. Do you like to take or destroy other people's belongings?
6. Do you want other students to think you're the toughest kid in school?
7. Do you like to get revenge on people who hurt you?
8. Do you try to control the people you hang out with?
9. Do you laugh when other kids get hurt or embarrassed online?
10. Do you send mean text messages or social media posts?
11. When you play a game or sport, do you always have to be the winner?



Research has shown that the application of mediation contributes, among other things: to the reduction of incidents of violence at school, to the cooperation between students, to the creation of a safe climate and to the improvement of students performance.

Through mediation, the integration of students is achieved in a smooth way, avoiding stigma. The most important thing, however, is that students learn to resolve their differences through dialogue, put themselves in each other's shoes and understand other point of view and apply mediation outside of school.

Of course, from what can be seen from the above, School Mediation can function as an effective mechanism in the context of prevention - dealing with possible conflict situations. However, once the use of force has made these situations uncontrollable, School Mediation can not contribute to their peaceful settlement.

BULLYING

Bullying is...

LEAVING SOMEONE OUT

CALLING SOMEONE NAMES

MAKING FUN OF SOMEONE

SPREADING HARMFUL STORIES

PUTTING SOMEONE DOWN

PUNCHING OR KICKING SOMEONE

TAKING, HIDING OR DAMAGING SOMEONE'S THINGS

FOLLOWING OR STALKING SOMEONE

PUSHING, SHOVING OR TRIPPING SOMEONE OVER

IGNORING SOMEONE

PERSUADING OTHER TO BULLY SOMEONE

THREATENING SOMEONE