

# Tackling today's challenges together: Bullying

## “FACTS AND FIGURES

Pupils bullied at school at least twice a month

- ▶ **13% of 11-year-olds**
- ▶ **12% of 13-year-olds**
- ▶ **9% of 15-year-olds**

Four in ten young people who replied to a Council of Europe survey reported feeling personally attacked or threatened by online hate speech.

Sources: WHO and Council of Europe

## BULLYING – WHAT IS IT?

■ Bullying and violence is a major problem in schools worldwide. It can poison the atmosphere in a school and ruin the life of a child, in a worst-case scenario pushing a victim to commit suicide.

■ Bullying in schools is a reflection of the violence in our societies and is a human rights violation. Pupils have the right to learn in a safe, unthreatening environment.

■ Schools can help prevent violence, both during school time and in the wider community, by equipping children and young people with democratic competences.

## WHAT CAN WE DO?

### What is a Safe School?

■ The solutions are not necessarily costly or legally complex. Whole-school human rights and citizenship education programmes are designed to create a human rights ethos across a school and to bring everyone together to combat bullying. They give all children and young people – not just the bullies and their victims – an important role to play, and involve parents, teachers, non-teaching staff and members of the local community. These programmes help a school become a Safe School.

### Creating a Safe School

■ The Council of Europe provides training for teachers and the necessary tools for developing a Safe School. Training manuals, information booklets, guides, lesson plans, films and access to expert networks are all available free via the Council of Europe's web pages. These resources are a result of collaborative projects and initiatives and build on existing good practices in Council of Europe member states.



## References

Council of Europe 2012/13 survey: "Young people's experience and attitude towards hate speech online".

*Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey* (2012), World Health Organization, Copenhagen (ISBN 978-92-890-1423-6).

## COUNCIL OF EUROPE TEACHING MATERIALS

### Films

■ **Beat Bullying** uses typical bullying scenarios to explore how whole-school human rights and citizenship education programmes equip pupils with the understanding, skills and confidence they need to confront bullying at school, including cyberbullying. The actors in the film are ordinary school pupils, some of whom have themselves been victims of bullying. The film is available in English, French, German and Russian.

■ **Democracy and Human Rights in School** is a series of cartoons based on children's ideas, exploring human rights and citizenship.

### Manuals

■ **Democracy and Human Rights Start with Us: Charter for All** – brochure for children on human rights and citizenship.

■ **Democratic Governance of Schools** – manual for head teachers, explaining how to ensure that all areas of school life reflect democratic values and human rights, and how to encourage pupils to participate in the running of the school.

■ **Living Democracy** – manuals for teachers.

### Human rights and democracy lesson plans

■ **Freedom(s)** – learning activities for secondary schools on the case law of the European Court of Human Rights.

■ **Composito** – manual on human rights education for children.

■ **Compass** – manual for human rights education with young people.

■ **Bookmarks** – manual for combating hate speech online through human rights education.

■ **Mirrors** – manual on combating antigypsyism through human rights education.

### Other key resources

■ The Pestalozzi Programme website includes over 100 online training and teaching resources.

■ A database of over 1 000 teaching resources in English and French concerning the European Court of Human Rights rulings.

■ **Passport to your Rights** introduces children to their rights and obligations and explains how everyone's rights need to be respected.

■ Gittens C. (ed.) (2006), *Violence reduction in schools – How to make a difference*, Council of Europe Publishing, Strasbourg (ISBN 978-92-871-5870-3).



### TEACHER TRAINING

■ The Pestalozzi Programme trains 1 000 teachers a year across Europe, with many activities designed to create a positive, non-violent atmosphere in schools.

■ Summer academies on "Human Rights and Democracy at School" for teachers and members of parents' associations provide face-to-face training with online follow-up on a broad range of topics, including controversial issues. Schools in 22 countries are currently involved. The academies are organised in co-operation with the Polish and Montenegrin authorities and the European Wergeland Centre, in Norway.

### COUNCIL OF EUROPE STANDARDS

■ The Charter on Education for Democratic Citizenship and Human Rights Education specifically requires governments to "combat all forms of discrimination and violence, especially bullying and harassment". All 47 Council of Europe member states have adopted the charter.

■ Committee of Ministers Recommendation CM(Rec)(2012)13 on ensuring quality education requires member states to provide "a secure and non-violent learning environment in which the rights of all are respected".

■ Parliamentary Assembly Recommendation 1965 (2011) on education against violence at school "considers that violence at school is a violation of children's rights".

### USEFUL COUNCIL OF EUROPE WEBSITES

■ Education for Democratic Citizenship and Human Rights Education  
[www.coe.int/edc](http://www.coe.int/edc)

■ Pestalozzi Training Programme for Education Professionals  
[www.coe.int/pestalozzi](http://www.coe.int/pestalozzi)

■ No Hate Speech Movement  
[www.nohatespeechmovement.org](http://www.nohatespeechmovement.org)

■ Building a Europe for and with Children  
[www.coe.int/children](http://www.coe.int/children)