



## WHAT IS KIVA?



KiVa is a research-based tool to prevent and reduce bullying problems. KiVa has been proven to make a difference and focuses on teaching our tamariki respect and acceptance of all students, their culture and identity.



## BENEFITS OF KIVA



Students feel more empowered with skills and confidence to address bullying behaviours and the programme promotes respect and a positive peer culture.



## REPORTING BULLYING

No single sign indicates being bullied. You know your child and the ways he/she expresses distress. Often the key indicator is a change compared to their previous behaviour, e.g. a child who used to like going to school no longer wants to go. If there seems to be no apparent reason for the change, it is worth discussing with your child and the school staff the possibility that they may be being bullied.

## KIVA AT SCHOOL



- The programme lessons incorporate discussions about bullying and respecting others.
- The three main aspects are prevention, intervention and monitoring.
- The classroom activities are designed to educate students about their role in stopping bullying.

## BULLYING IS DEFINED AS:

- Harmful
- Deliberate
- Repeated behaviour



## SUPPORTING A CHILD WHO IS BEING BULLIED



The knowledge or the suspicion that your child is being bullied at school can cause many kinds of emotions. Feelings such as anger, fear, shame and guilt, are natural and even expected in such a situation. Even if you are overwhelmed by emotions, try to avoid overreacting because doing so may lead your child, the victim of bullying, to believe that s/he has caused the parents' distress. Another danger is under-reacting, which may lead your child to feel that you are minimising the situation. Difficult matters should not be avoided by under or overreacting, but you can learn how to address them. The goal of addressing the matter is to support the child, to increase his/her self-esteem and to ensure that bullying is stopped.

# What you can do to help



If you know or suspect that your child is being bullied, discuss it with him/her. S/he might not want to tell you, so be prepared that s/he might deny it at first.

Encourage your child to talk about it and assure him/her that you want to help him/her no matter how difficult the situation may be. Let your child know you are on his/her side 100%.

Say clearly and frequently that being bullied is not his/her fault. There is nothing wrong with him/her which justifies bullying.

Do not promise to keep the matter a secret because then it is impossible to intervene! Promise, however, that you will not do anything without discussing it with him/her first. This way you will maintain trust and an open dialogue.

Together think about how to survive bullying situations. Bullies want the victim to react in a certain way, e.g. by crying. The victim could say NO STOP IT and/or leave the whole situation. It is difficult for the bully to continue when the victim doesn't react or walks away.

Together think about how to avoid such situations where it is likely your child is bullied easily. It is best to be close to others as you are more secure in a group.