



Manual: Art as a tool to express freedom of speech and promoting human rights





Introduction

In the following manual, created by the participants in the training course organized by the Active Youth for Europe association and financed by the European Youth foundation, we want to give some advice aimed at both teachers and youth workers. We hope that this handbook will be of help to those who read it and that bullying and hate can be fought definitively.



HOW TO REDUCE BULLYING?

- 1) Recognize it: know what we are talking about give the right value to bullying behaviors
know the environmental situation we are dealing with through surveys to detect its spread
uncovering hidden situations
- 2) Create a safe climate in which one can "tell": stimulate and encourage the development of the culture of "telling" in which the adult helps the children to say what is happening clearly develop and maintain an attitude that is as least punitive and blame-prone as possible, in which bullying becomes a problem to be solved all together, in which the group and the class become the main subjects of change

HOW TO REDUCE BULLYING?

- 3) Intervene in the individual episodes: in the face of an evident episode of arrogance it is necessary to intervene immediately to stop the aggression then try to understand what happened and what are the causes find solutions to resolve underlying conflicts.
- 4) support the victims: often the victims of bullying are isolated pupils or pupils, with few friends, sometimes they may seem like unpleasant people: in any case, in bullying situations the victim is the person who most needs immediate help. Only when the bullying ends can the victim be made aware of her relational difficulties and help her resolve them.
- 5) help bullies: even children or teenagers who act bullying are people to help because they use inappropriate ways to deal with social conflicts or some personal difficulties
"stop" and "help" may seem like two contrasting attitudes, but the solution to bullying requires reconciling them.

PREVENTION



The best strategy to combat bullying is prevention, at the basis of which there is the promotion of a cultural, social and emotional climate capable of discouraging abuse and bullying behavior in the bud. School is the first place for relationships social for children and, by virtue of his educational role, he has the responsibility of being the spokesperson for some values that can help prevent bullying, such as promoting mutual understanding, promoting self-esteem in children, teaching openness towards diversity and respect for others, teach how to face conflicts instead of denying them, explain the importance of respecting shared rules of coexistence.

ACTION

The more time passes, the more roles are defined and the consequences become harmful. Both the school and the family should take action against bullying: it is important that parents and teachers communicate with each other and a shared and coherent intervention is implemented. If a parent suspects that their child is a victim or perpetrator of bullying episodes, the first thing to do is talk and confront the teachers. Conversely, if it is a teacher who notices bullying, she should summon the parents, both of the bully and of the victim, and organize together a shared strategy to put an end to the bullying.



TALK

Fighting any form of hate, violence or bullying is difficult to deal with alone. This is why we need to be aware that fighting bullying alone is impossible and you can't face everything alone. If we understand that a person is being severely bullied and if you see that he can't handle it, you need to do everything possible to talk to him, or get him to talk to an adult without thinking too much about it. The person he talks to must be trusted, a person he trusts, a parent is fine, but also a teacher.



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