

Free of Bullying



Free of Bullying in Denmark
Reykjavik, Tuesday, 13 March 2018

THE COLLABORATION IN FREE OF BULLYING



HRH Crown Princess Mary



Red Barnet

THE PRESENTATION WILL COVER THE FOLLOWING

- How Free of Bullying started in Denmark.
- The essence of Free of Bullying.
- Results after 10 years.
- The future of Free of Bullying.

HOW FREE OF BULLYING STARTED

- The initiative came from HRH Crown Princess Mary.
- The project was developed in a collaboration.
- Inspired by the Australian programme *Better Buddies*.
- Launched in 2007.
- The latest knowledge on bullying.

THE ESSENCE OF FREE OF BULLYING

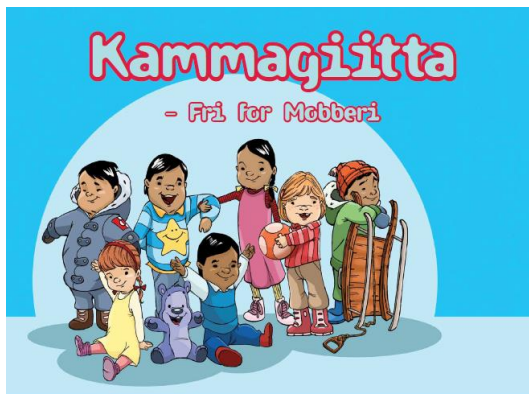
- Focus on the culture amongst and around the children.
- Four values: Tolerance, respect, care and courage.
- Early and preventative measures.
- Training childcare professionals.
- Target groups: Children, professionals, parents and leaders.
- Hands on materials.

CURRENT STATUS IN DENMARK

- Today, 50 % of preschools and more than 40 % of schools use Free of Bullying. Childcare facilities for the 0-3-year-olds (daycare/nursery) have bought more than 1,700 suitcases since May 2016.
- More than 21,000 teachers, preschool and nursery staff have attended a Free of Bullying course.



FREE OF BULLYING IN OTHER COUNTRIES



IMPOTANT FINDINGS OVER THE YEARS

2007-2009:

- The children are significantly better at handling teasing.

2013:

- Management is the key to success.
- The likelihood of success is increased if a childcare facility, preschool or school has several suitcases, and if several professionals have attended the courses.
- The professionals are role models.
- The implementation of the programme is a challenge.

IT WORKS!

- **When Free of Bullying is *incorporated* into the normal daily routine in a *focused* and *structured* way, it strengthens preschool children's socio-emotional skills and behavior.**
- Higher programme intensity increases the benefits.
- Parental involvement seems to increase the effect of Free of Bullying.

(Ramböll, 2017)



He started already this morning. He had only just entered the door ...

He has to stop. He is getting on my nerves!

It's really not so strange that he is so annoying. Just take a look at his parents!

HOW DO WE CHANGE THE CULTURE?

- Make a choice – change is hard work
- Let the structures help
- Talk about what you expect from each other as professionals and colleagues – write it down
 - We talk TO each other – not ABOUT each other – it is, however, ok and nice to talk positively about another person.
 - We have two ears and one mouth – this means that we listen more than we speak.
 - We never discuss things that we are not happy with in the presence of the children.

THE FUTURE

How do we support, that Free of Bullying is *incorporated* into the normal daily routine in a *focused* and *structured* way?

- Create more tools to support the culture amongst the professionals
- Create an improved implementation manual
- Make more recommendations from Free of Bullying
- Direct communication with the parents

Free of Bullying



THANK YOU