

# #END VIOLENCE

## **Students' Recommendations for An Anti-Bullying School Policy**

**Presented during the KidsTakeover at Parlimen Malaysia  
In conjunction with World Children's Day**

**Wednesday, 20 November 2019**



**WORLD  
CHILDREN'S  
DAY**

# Students' Recommendations for An Anti-Bullying School Policy



## PURPOSE:

Children have the right to feel safe, and to have trust in the societies they live in.

Schools should be a safe space for children. Comprehensive guidelines should be introduced to ensure a child's well-being, safety and protection. These guidelines should enable schools and communities to provide justice to victims of bullying; and to provide appropriate support for those found guilty of bullying.

With such interventions, it is hoped we can avoid similar tragedies like that of Zulfarhan and Nhaveen, from recurring in our country. Together, let's end violence in schools.

## VISION:

Every member of the school community will do good, speak kind and positive words, behave politely, and be treated with the same care and consideration that will ensure everyone feels safe and welcomed.

## UNDERSTANDING BULLYING:

### Definition:

Bullying is repeated behaviour that occurs when there is a power imbalance between the bully and the victim. It is a deliberate act to harm, cause discomfort, injury, uncertainty as well as physical or emotional embarrassment to the victim. Bullying also occurs when someone misuses personal information to hurt someone either face to face or online.

### Impact on Victims:

Bullying hurts a child. It can cause sadness, loss of confidence, shame, depression and in some situations, lead a student to consider suicide.

### Where does Bullying Happen:

Bullying can take place anywhere – at school, on the way to and from school, at the tuition centre, in public spaces, as well as online and on social media.

Physical bullying is usually hidden and private. It usually occurs away from the teacher's room and in areas where there is little traffic for example in an empty classroom or even a toilet behind the assembly hall. Verbal bullying on the other hand will be carried out in a crowded place to ensure maximum shame for the victim. For example, during school assembly, in a full classroom or in the cafeteria when there are many students.

### What is Bullying Behaviour:

- (1) Hitting and injuring someone
- (2) Verbal harassment, inappropriate and hurtful comments, name-calling and threatening someone
- (3) Mocking and/or discriminating someone based on their appearance (skin colour, weight, behavior and/or reputation)
- (4) Spreading rumours about someone
- (5) Leaving someone out on purpose

# Students' Recommendations for An Anti-Bullying School Policy



## Contributing Factors – Why Does a Person Bully:

- (1) A child who is neglected or who has limited attention from his or her parents and family.
- (2) When violence is passed down from one generation to another or from one school to another.
- (3) When a child suffers from stress or depression, they release their anger and pressure by bullying others.
- (4) The child wants others to feel the pain they once felt.
- (5) When a child thinks that the world revolves around them, this can cause them to bully others
- (6) The child wants power and recognition.

## ANTI-BULLYING POLICY RECOMMENDATIONS

### (1) Comprehensive Reporting System for Bystanders/Witnesses

- a) Report the bullying incident to the counseling teacher in a neutral manner, without taking sides.
- b) Don't keep silent and side with the bully.
- c) Help the victim so s/he does not feel alone after the bullying incident.
- d) Ensure the identity of the person who reports the bullying is kept confidential.

### (2) School-wide Investigation

- a) Ensure that all facts of the bullying case are carefully and thoroughly investigated to avoid any injustice to the victim or to the alleged bully.
- b) Get information from both sides and try to identify the reasons the bullying happened.
- c) Be prepared to advise the students involved; and to refer them for counseling. The advice should focus on the student's positive aspects/strengths as the bully often has their own problems.
- d) Ensure parents are provided with important information on the situation, particularly information about how and why the bullying happened.
- e) Prioritise the privacy of the students involved. Information collected regarding the bullying incident should not be shared or disseminated to unauthorised parties.

### (3) Support Assistance for Victims of Bullying

- a) Teachers take the time to listen so that students feel safe, trusted, and not sidelined.
- b) Refer the student to counseling for further support.
- c) Follow-up with the victim to ensure that s/he has overcome the trauma.

## **(4) Holistic Program for Bullies**

- a) Replace punishment for bullies with a Recalibration Programme. The program should aim to build the student's self-esteem, allowing the bully to empathise and understand the feelings of their victim, and to make them aware of their mistake.
- b) The bully should also be sent for therapy sessions because the bully may be experiencing emotional stress due to factors that have caused them to develop bullying behaviours.

## **(5) Update the 2010 Guidelines on Preventing and Addressing Bullying Among School Students**

- a) The "2010 Guidelines on Preventing and Addressing Bullying Among Students" should be updated to include cyber bullying, for example, determining the right of teachers to handle cyberbullying cases that occur among school students.
- b) The "Teachers' Guide" should include information such as the characteristics and symptoms of students who have bullying-type of behaviours; ways to deal with students with bullying behaviours; symptoms and characteristics of victims; ways to deal with victims; active listening skills; and emotional management skills.
- c) The "Students' Guide" should include information about symptoms of a student who is bullied, how to deal with bullying as a victim, symptoms to recognise if a friend is a bully; the reporting channels for a student if their friend is a bully; as well as the phone number that students can call if they cannot report to teacher.
- d) The Guidance and Counseling Unit is trained as Anti-bullying Specialists, who can then train Peer Counselors (PRS) to help stop bullying in schools.
- e) Teachers should share an Anti-Bullying Checklist with parents' to enable early detection of symptoms if their child is a victim of bullying, such as not wanting to go to school, indigestion, depression and silence.
- f) Invite parents to school "Open Days" to share about bullying and to learn about their child's performance and behaviour in school.

## **(6) Establish a Code of Conduct for Students and Teachers**

- a) Create a Students' Code of Conduct which students should pledge formally with a signature when they register with a school.
- b) The Code of Conduct will require students to:
  - Contribute to a good learning environment
  - Show respect to everyone by being polite to one another and avoiding bullying behaviour.
  - Act responsibly
  - Keep the school environment clean and tidy, to behave in a calm and orderly manner, and to avoid restricted areas
  - Have a good attendance record and be on time
  - Promote a positive school image



- c) Establish a Teacher Code of Conduct or Guide for Teachers, to which every teacher should adhere.
  - Teachers must uphold these four values: Respect, Concern, Integrity, Trust.

## **(7) Other suggestions for fighting symptoms of bullying**

- a) Organise programmes that build and strengthen student identity so that students can stand on their own feet when it comes to bullying.
- b) Provide anti-bullying resources on the Ministry of Education website for download by parents, guardians and students to learn more about bullying and how to recognise and prevent it.
- c) Conduct anti-bullying courses for parents before their children start school.
- d) Organise dialogues between parents, teachers and students once every three months to discuss student behaviour.
- e) Establish a subcommittee under the Parent Teachers Association (PIBG) to discuss appropriate educational interventions for children with bullying behaviours.
- f) Have an Orientation Program for new teachers so they are aware about the school's bullying statistics and they learn how to deal with bullying.
- g) Establish the Teachers Anti-Bullying Icon Award to recognise teachers who have made outstanding contributions in the effort to end bullying in schools.

---

The Anti-Bullying School Policy Recommendations are the collective effort of 40 students from 10 states across Malaysia during the #ENDviolence Camp held from 1-3 October 2019