

EUCPN
EUROPEAN CRIME PREVENTION NETWORK

EUCPN Toolbox: Bullying among minors

An ecological approach towards effective anti-bullying interventions

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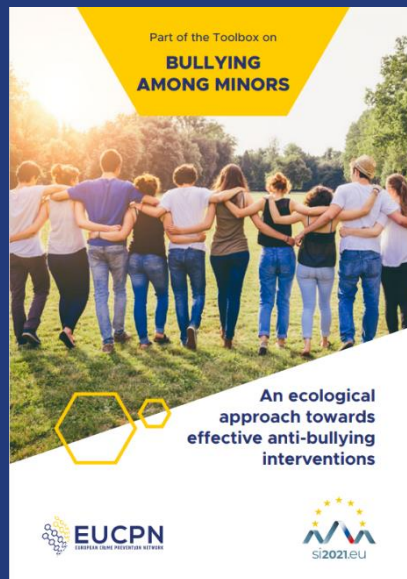


01

EUCPN TOOLBOX

01 Toolbox Slovenian Presidency

- The EUCPN was founded in 2001
- Aim = offer a platform to exchange information and best practices on crime prevention
- Presidencies choose topics



02

**BULLYING AMONG
MINORS**

02 Risk factors

Ecological framework of risk factors regarding bullying	
Individual factors	Deficits in social, psychological and cognitive skills
	<ul style="list-style-type: none"> • High levels of anxiety, stress and suicidal thoughts, having anti-social personality traits and moral disengagement; • Inadequate social skills and a lack of empathy.
Family factors	Inadequate parenting skills
	<ul style="list-style-type: none"> • Damaging parental discipline and supervision; • Negative family environment; • Poor child-rearing techniques; • Anti-social friends or a lack of social ties.
School factors	Negative school climate
	<ul style="list-style-type: none"> • Incapable school staff; • Unsafe school environment.
Community factors	Vulnerable neighbourhoods
	<ul style="list-style-type: none"> • Weak social cohesion; • Low social guardianship; • Too strict enforcement of rules.

02 Prevention strategies

Effective anti-bullying interventions	
Individual factors	Cognitive Behavioural Therapy (CBT)
	<ul style="list-style-type: none"> • Aggression replacement therapy (ART) • Reasoning and rehabilitation • Moral reconnection therapy • Thinking for a change
Family factors	Parenting (CBT) training
	<ul style="list-style-type: none"> • Multi-Systemic-Therapy (MST) • Incredible years • Triple P
School factors	Whole school approach & life skills and social development programmes
	<ul style="list-style-type: none"> • Whole school programmes (OBPP & KiVa) • Life skills and social development programmes (e.g. SNAP) • Role of teachers and school management
Community factors	National and multisector approach
	<ul style="list-style-type: none"> • Anti-bullying policies or strategies • Pro-social attitudes

02 Risk factors

- Individual level: **deficits in social, cognitive and psychological skills**
 - Higher levels of anxiety or stress
 - Inadequate social skills and a lack of empathy

02 Prevention strategies

- Individual level: **cognitive behavioural therapy**
 - Change or manage cognitive distortions and thought patterns
 - E.g. tendencies to be cautious, misinterpret comments as provocative, etc.

02 Risk factors

- Family level: **inadequate parenting skills**
 - Damaging parental supervision
 - Negative family environment

02 Prevention strategies

- Family level: **parenting training**
 - Increase parenting skills and foster positive parent-child relationship
 - Result: stronger family bond, positive behavioural effects, stronger social ties, etc.



02 Risk factors

- School level: **negative school climate**
 - Incapable school staff
 - Unsafe school environment

02 Prevention strategies

- School level: **whole school approach**
 - Including all school staff
 - Qualitative education for teachers to improve their reputation
 - School management to set up reporting systems and partnerships



02 Risk factors

- Community level: **vulnerable neighbourhoods**
 - Weak social cohesion
 - Low social guardianship

02 Prevention strategies

- Community level: **national and multisector approach**
 - National anti-bullying strategy (general code of conduct, survey system, inspection system, etc.)



Thank you! Are there any questions?

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