



1. Project title

SA Kiusamisvaba Kool (The Bullying-Free School) – enabling Estonian schools systematic bullying prevention.

2. Main theme

Bullying prevention in Estonian schools.

3. Project purpose and outcome (in two sentences)

- The purpose is to reduce bullying among Estonian schoolchildren by supporting schools in developing their antibullying practices and disseminating evidence based antibullying Programme KiVa.
- The foundation aims to provide KiVa Programme to 50% of Estonian schools in 5 year perspective.

4. Project submitter (Member State), project leader(s) and project partner(s)

Estonia

Organisation: Estonian non-governmental organisation SA Kiusamisvaba Kool (The Bullying-Free School Foundation)

Executive Director: Ingi Mihkelsoo

Address: Telliskivi 60A/3 10412 Tallinn, Estonia, E-mail: info@kiusamisvaba.ee

Project activities are currently supported by Estonian Ministry of Education and Research, Ministry of Justice (EEA and Norway Grants 2014-2021), Active Citizens Fund, several pro-bono partners, and donations.

5. Links to the project's website or online reports/publications (preferably in English)

Homepage: www.kiusamisvaba.ee (in Estonian)

In Estonia a two-year cluster-randomized pilot trial was conducted during the first years of adaptation and implementation: [Treial, 2016](#), summary in English).

The Good Deed Impact Fund Impact Report page 8:

https://media.voog.com/0000/0037/7761/files/Heategu_Mojuraport1_180x250_web_ENG.pdf

European Venture Philanthropy Association's Case Study on KiVa programme in Estonia:

https://evpa.eu.com/uploads/publications/CEE_Case_Studies_2018_Good_Deed_Foundation-Kiusamisvaba_Kool.pdf

International homepage of KiVa Programme: <https://www.kivaprogram.net/>

6. Short summary of the project (**max. 100 words**)

The Foundation is offering an evidence-based anti-bullying Programme KiVa developed in the University of Turku in Finland, to Estonian schools since 2013. The Programme is currently in 108 (22%) schools all over Estonia - involving more than 30 000 students. The ambition is to increase the number in 5-year perspective to 50% of schools. Additionally the organisation has locally established a thorough support system to schools via mentoring service, additional in-service training courses, consultation service through a network of 15 Estonian trainers, most of who are certified as KiVa trainers in Turku University. Organisation closely collaborates with Estonian ministries and policy makers as well as private sector and Estonian citizens, and is recognised by increasing public awareness among local society.

7. Project description

According to the results of the PISA 2018 study, one in five students aged 15 experience bullying in Estonia ([OECD PISA 2018](#)). Several international and national surveys have confirmed similar results among any age group, whereas in some schools the number can even be higher – one in four children. In the PISA survey conducted in 2018 they evaluated children's well-being and found out that 53% of students are worried and 51% are often sad (OECD PISA 2018). This highly exceeds the average rate in the European Union. Being a victim of bullying may have serious consequences that often include anxiety attacks, depression, low self-esteem, criminality and suicidal thoughts. Both bullying and being targeted by a bully, as well as witnessing bullying have strong negative effects on the victim, the bully and the bystanders.

The KiVa Antibullying Programme is an evidence-based whole-school prevention and intervention program developed in Turku University, Finland. How and where it has been implemented all over the world, more info here: <http://www.kivaprogram.net/>

SA Kiusamisvaba Kool a non-profit society organization was founded in December 2012 with the mission to make Estonian schools bullying-free: (1) Using an evidence-based KiVa Programme, and (2) Pushing for a political priority and consensus on this topic.

The KiVa Programme was first launched and studied in 20 Estonian schools in the school year of 2013/14, and since then slowly, but steadily grown to up to currently 108 schools all over Estonia - directly involving more than 30 000 students. This is not a one-year project, but designed to be implemented on a permanent basis to ensure that schools remain decreasing the rate of bullying in the long term. Since the beginning, organisation has developed extra trainings courses and support system and given some extra time to Estonian schools and teachers, compared to Finnish schools and personnel, to prepare more thoroughly to make this shift sustainable.

The target groups of the programme are (1) students from grade 1 to 9, (2) all school personnel members, including principals, teachers and counsellors, and (3) parents.

The KiVa Programme consists of three pillars: prevention, intervention, and research.

1. Prevention: focus on preventing bullying (KiVa lessons, information and materials for students from grade 1 to 9, teachers and parents; online support).

2. Intervention (when a bullying case has emerged): in each school, a "KiVa team" is formed and trained by a specialist and this team is given a comprehensive methodology and the tools to effectively handle incidents in schools.

3. Research and analysis: annual surveys filled by students and group talks with teachers and consulting teachers to better understand the situation and how it evolves.

The aim is to promote the attitude that bullying is unacceptable and provide children with tools to handle and stop bullying. To raise awareness and foster an anti-bullying mindset, KiVa lessons are integrated into the school curriculum. A special KiVa team is set up in every school, which after rigorous training will take the responsibility for solving the bullying incidents in school using specific methods. Before the programme starts and then every year in spring students fill in an anonymous online survey to assess the bullying levels in their school.

The impact of the KiVa Programme is then assessed with annual student surveys gathering information on how often they experience bullying. Teachers and school staff are also asked to provide feedback twice a year.

The evidence from different cohorts implementing the Kiva Programme is that even on the first year of implementation, the average decrease in the number of victims is 22%. In Estonian schools that have used the programme over 6 years the bullying has decreased by a third. Currently, Kiusamisvaba Kool being a non-governmental organisation has nearly 9-year experience of offering Estonian schools the ability to implement programme in their schools but not only. The organisation has worked out a support and training system for increasing the quality of anti-bullying work in schools and public awareness about bullying.

8. Project objectives

The Organisation aims to reduce bullying among Estonian schoolchildren by supporting schools in developing their antibullying practices and disseminating evidence based antibullying programme KiVa.

1. Launch and implement the first evidence-based anti-bullying programme in Estonia to decrease the bullying rates in schools systematically and with continuous quality.
2. Show a continuous positive trend in decreasing bullying rates in the implementing schools.
3. To grow the network of schools implementing the programme by increasing number of schools a year.
4. Partner with the government and policy makers to make the programme available for all schools in Estonia in the longer term.
5. Develop a strong expert organisation that drives public discussion and standards in anti-bullying work nationally and internationally.

9. Project outcome

The foundation aims to provide KiVa Programme to 50% of Estonian schools in 5 year perspective.

The bullying rates decrease annually in schools implementing KiVa Programme, being significantly lower than national average and when compared to schools in preparation (participating in baseline assessment before launching KiVa).

10. Start and end project, timescales and key milestone dates

SA Kiusamisvaba Kool (The Bullying-Free School Foundation) was founded in 2012, first 20 schools started implementing KiVa in 2013. Every year 10 to 25 new schools have started with KiVa programme. The project is continuous, aims to reach 50% of Estonian schools in 5 years perspective, no end date has been set.

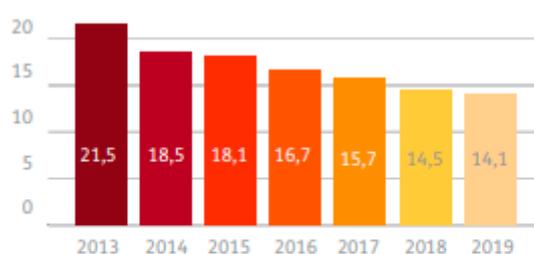
11. Funding (total budget and type of funding (e.g. ISEC, EUCPN Fund,...))

The organisation's yearly budget has been 400 000. About 30% has been covered by strategic partnership with Ministry of Education and Research, contributions from Ministry of Justice (EEA and Norway Grants 2014- 2021), project funding (e.g., Active Citizens Fund), schools' participation fees, and donations cover the rest.

12. Evaluation

The impact of the KiVa Programme experience in Estonia is assessed with annual student surveys. The survey aims to monitor the prevalence of bullying and experiences with bullying related issues (wellbeing at school, acceptance, loneliness etc.). Teachers and school staff are also asked to provide feedback twice a year to monitor KiVa implementation quality.

The evidence from different cohorts implementing the KiVa Programme is that even on the first year of implementation, the average decrease in the number of victims is 22%. And after first year continuous decline is observed indicating a cumulative effect of programme. The reports of the results are made public and are available on our website (annual survey reports in Estonian are found here [2020](#); [2019](#); [2018](#)).



The proportion of victims in schools that have been implementing the KiVa Programme for six years

https://media.voog.com/0000/0037/7761/files/Heategu_Mojuraport1_180x250_web_ENG.pdf

13. Contact details project

Organisation: SA Kiusamisvaba Kool (The Bullying-Free School Foundation)

Executive Director: Ingi Mihkelsoo

Address: Telliskivi 60A/3 10412 Tallinn, Estonia, E-mail: info@kuisamisvaba.ee