

PREVENTING BULLYING AMONG MINORS

Bullying among minors is a complex social issue, often caused by complicated group dynamics and negative social attitudes.

Comprehensive strategies that focus on risk- and protective factors at every level of a minor's life can prevent the long-lasting consequences of bullying and promote positive interactions:



INDIVIDUAL LEVEL

Cognitive behavioural therapy can help minors to self-regulate their emotions and behaviour or in dealing with psychological and social difficulties



FAMILY LEVEL

parenting training can improve parenting skills, ameliorate the parent-child relationship and lead to a better child development



SCHOOL LEVEL

involvement of all school staff can create a positive environment in which minors feel safe and supported



SOCIETAL LEVEL

implementing a multisector anti-bullying strategy to support schools and communities



By involving the actors on all levels, bullying can be prevented.

Discover more in our toolbox: eucpn.org/toolbox-bullying