

# Co-creating a Harmonious School: Stop Bullying

## Appendix 6

### Tips on Counselling the Bullies / Victims

When students encounter bullying, the school should consider the following measures:

Problem	Solution	Hint
Students do not know how to handle their anger.	Organise skills training groups on emotion management / anger control.	Teach students simple ways of controlling their emotions. For example, stop, think, wash the face in the bathroom, talk to a teacher he / she trusts, or leave the scene immediately.
Students aim to attract attention by bullying others.	Provide students with group or individual counselling and opportunities to display positive behaviour. Give recognition and positive feedback when there are good performance and progress.	Establish a scoring scheme on students' behaviour for every lesson and have the student report to teachers at a regular time every day. When the students exhibit good performance / progress, praise them in front of the class. Assign a post suitable for their ability, such as library assistant, prefect assistant or school cleaning / disease prevention ambassador so that they have an opportunity to show their ability. Under appropriate school supervision, they can assume these duties and serve the school and other students.
Students are affected by their families (for example, domestic violence).	Home visits, parent education, family counselling.	Get preliminary understanding of the students' family background by phone or interview. Conduct follow-up work after discussing with social workers.
Students having been bullied before take revenge by bullying others.	Build up / strengthen a culture of love and care at school, provide students training on emotion management, conduct group counselling or individual counselling.	Let students participate in volunteer services to visit the underprivileged, read inspiring books and stories.

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<p>Students are influenced by their peers. They strive for their recognition and acceptance by participating in bullying.</p>	<p>Arrange peer counselling, strengthen the students' social skills, build up self-confidence and provide opportunities to meet various community groups.</p>	<p>Let students participate in uniform groups, volunteer services or school duties (for example, prefect trainees, big brothers / big sisters' scheme).</p>
<p>Students having witnessed bullying incidents are afraid to report them, so reinforcing the bullies. □</p>	<p>Teach students the right way to face bullying incidents and the consequences of not reporting them.</p>	<p>Set up a "Caring School" letter box, encourage students to report their concerns about the school, so as to strengthen teacher-student relationship and to make the school aware of the issues at an early stage.</p>
<p>Students being bullied are afraid to say "no" or to report the incident, consequently reinforcing the bullies.</p>	<p>Strengthen students' self-image, build up their self-confidence, teach them how to say "no" and organise group counselling.</p>	<p>Let students join uniform groups or take part in school duties (such as prefect assistant or meal server) to enhance their self-confidence. Establish a mechanism for reporting bullying to ensure students' safety.</p>