



Appendix 2

The Positive Anti-Bullying Approach

Aims

- To change behaviour
- To achieve a positive outcome for the victim

In the cases where the child using bullying behaviour has a low self-esteem, a blaming approach may further exacerbate the situation. The Positive Anti-Bullying Approach allows children to take responsibility for their own behaviour, and also acknowledges that the perpetrators need as much help and support as the victim.

It follows the following steps:

1. Interview with the victim.
2. Meeting with the people involved.
3. Identify the problem.
4. Share responsibility – do not blame, we can all help.
5. Ask the group for ideas.
6. Communicate findings with parents/carers, as far as possible and if appropriate.
7. Check regularly with the victim and perpetrators of the situation.