



Every child and young person has:

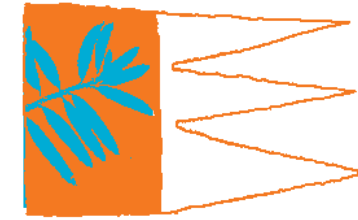
- **The right to be safe at school.**
- **The right to be respected and valued.**
- **The right to learn without fear.**

These rights are not being met for the child or young person who is being bullied.

Bullying must be eliminated from our schools.

What is bullying?

- It is deliberate, hurtful behaviour.
- It is often repeated over a period of time.
- It is often difficult for those being bullied to defend themselves.
- It is often difficult for those who bully to learn new social behaviours.
- The person who bullies has, and exercises power over the victim.
- Bullying can be physical, emotional, verbal and may include damage to property.
- All forms of bullying can be damaging.



What can your community do to eliminate bullying?

- Be aware of what bullying is.
- Accept that bullying is wrong.
- Take appropriate action when you see bullying taking place.
- Encourage young people to report bullying, listen to them and do something to stop the bullying.
- Support victims of bullying.
- Help those who bully to interact positively with others.
- Support your local schools and police education officer as they work through ***Kia Kaha***.
- Make sure you respect and value others.
- Praise positive, caring behaviour.



Criteria on which Kia Kaha is based

- All children and young people can be supported to behave in positive ways.
- Bullying is unacceptable behaviour.
- Schools and their communities should aim for zero-tolerance of bullying.
- The whole school community needs to work together to eliminate bullying.
- A 'telling culture' should be created.
- Bullying is never the victim's fault.
- Nobody deserves to be bullied.
- Schools should adopt a 'no blame' approach for intervention.

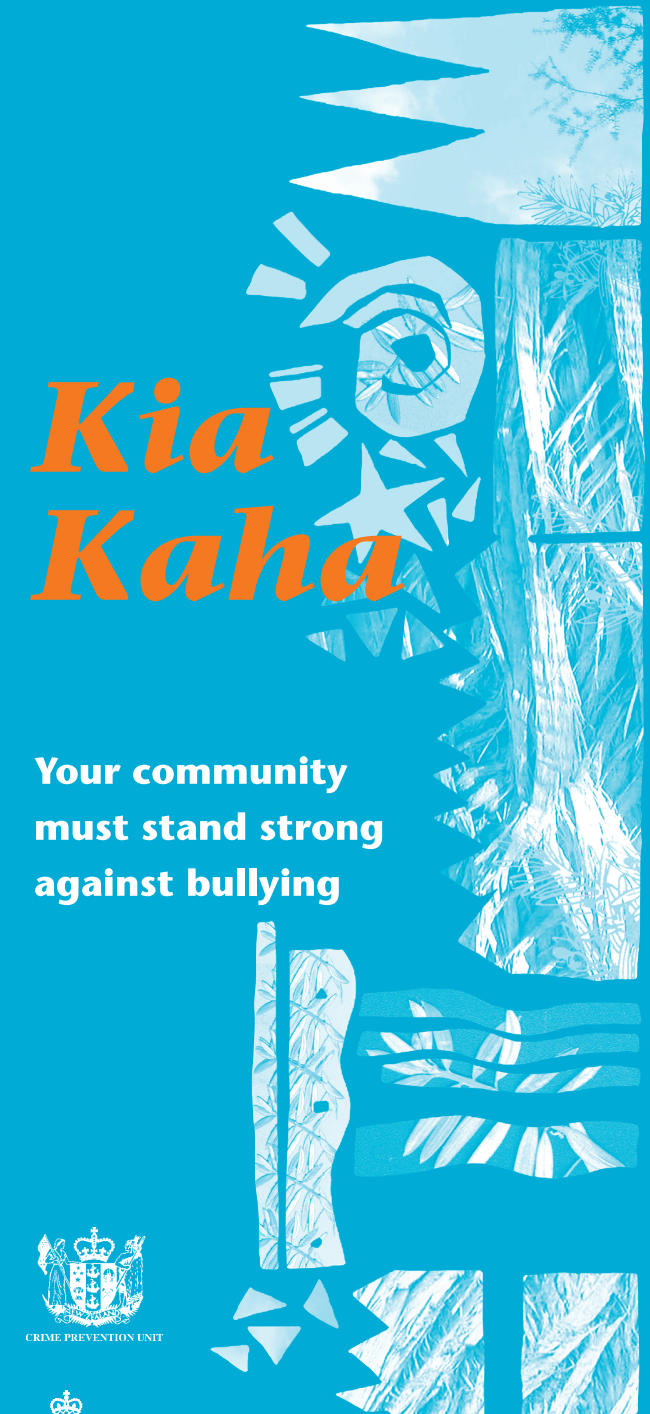
Contact your local school to find out more.



What is *Kia Kaha*?

- **Kia Kaha** is a school based programme produced by the Police.
- It aims to help schools create environments where all members of the school community feel safe, respected and valued, and where bullying cannot flourish.
- The underlying principle is "you should treat other people as you would like to be treated".
- There are five classroom programmes:
 - Year 0-3 **Building a Safe, Happy Classroom**
 - Year 4-6 **A Bully-Free Zone**
 - Year 7-8 **Safer Communities Together**
 - Year 9-13 **Our Place**
- Police education officers will also help schools develop policies and practices to eliminate bullying.
- **Kia Kaha** is available from your local police education officer.
- Taught by the teacher in partnership with the police education officer.
- Designed to complement other school and community programmes, including the Health and Physical Education Curriculum, and Eliminating Violence, Matangi Malie, Peaceful Waves, Building Blocks, Safe Families and Safe Families Pasifica. (all from Specialist Education Services)

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Youth Education Service



New Zealand Government