



VERSIO 24-5-2022

Prevention of bullying at the camp

1. Go through the Principles of safer space and the instructions for good manners at the camp within your fire brigade

2. Provide information on bullying to young fire fighters

Bullying can be:

1. Verbal bullying: teasing, name-calling, taunting, threatening to cause harm, inappropriate sexual comments
2. Physical bullying: hitting, kicking, pinching, spitting, pushing etc.
3. Social bullying: leaving someone out on purpose, spreading rumors about someone, embarrassing someone in public
4. Taking, hiding or breaking someone's belongings

Cyberbullying is also common. It can for example occur through social media and messaging apps.

It can be:

1. sending mocking, threatening or shocking messages
2. editing and/or spreading photos of someone
3. sharing personal or private information about someone else causing embarrassment or humiliation
4. sending, posting, or sharing negative, harmful, false, or mean content about someone else

3. Strengthen the ways children can intervene and address bullying they notice

Option 1: Speak up against the bully and tell an adult

- "Stop, would you like to be treated like that?"
- "That's not okay / That wasn't nice"



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- "No one is allowed to talk like that."
- "You don't need to be best friends with everyone but no one should be left out."

Option 2: Leave the spot/ Help the target of bullying leave the spot and tell an adult

Option 3: Tell instructors or trainers or other trusted adults

Encourage young fire fighters to tell if they see bullying and tell whom they can tell about it.

4. Create an anti-bullying atmosphere

- Building trust and considering the emotions of children
- Supporting
- Strengthening the unity of the group

5. Take into account groups more prone to bullying

- LGBTQ+ (sexuality and gender minorities)
- Over- or underweight people
- People with hyperactivity or attention deficit disorder

Contemplate on your own prejudices and perceptions. Don't judge young fire fighters based on these beliefs. Do not comment on anyone's appearance. Tell others as well that any kind of discrimination or mean comments on e.g. someone's sexuality or appearance is not allowed.