

Betri vinir

Fri for Mobberi

Help your child develop positive friendships

Dear Parents,

Children need good friends in order to develop and thrive. When children learn – from a young age – how to be good friends, we also help to prevent bullying in the long term.

Most people believe that the reason why a child is bullied can be found either in the child being bullied or in the child who is doing the bullying. However, research shows that bullying is not caused by individual children, but rather arises as a result of the social dynamics within the children's group.

In a positive community of children, the level of tolerance and respect for one another is so high that the children are free to have a unique look or name and be exactly who they are. And in a positive community, the children understand that everyone brings something valuable to the group.

An inclusive culture helps all children thrive – and is resistant to bullying. That's why you are supporting your own child when you support and contribute to the children's community as a whole.

As a parent, you are an important role model for your child's social life. When you encourage camaraderie and community spirit in the group – and help your child be caring and brave and actively reject exclusion and teasing when he or she witnesses it – then you are helping to prevent bullying.

Free of Bullying has compiled seven good tips on how you, as a parent, can help make sure that all children – including yours – feel like part of their community. You can read them on the back of this page.

Yours sincerely,
Betri vinir - Free of Bullying

Here's how
you help your
child to be a
good friend
– read more on
the back of
the page



About Betri vinir - Free of Bullying

Betri vinir - Free of Bullying, is a preventative anti-bullying programme developed by Barnabati, The Mary Foundation and Save the Children Denmark. Free of Bullying is based on four fundamental values: tolerance, respect, care and courage. It consists of a suitcase containing tools and methods that foster well-being and prevent bullying. The suitcases come in three different versions: a suitcase aimed at toddlers in childcare facilities, a suitcase designed for preschools and a suitcase for primary schools and after school clubs. For more information, visit barnabati.fo

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Seven tips for parents

- 1** **Encourage your child to play with different children – both at school and in their free time**
When all children know each other well, it strengthens their community spirit and prevents bullying. When you make an effort to arrange play dates with everyone – including those your child may not usually play with – you are helping to ensure that all the children feel like part of the community.
- 2** **Speak nicely about and to other children, parents and teachers**
Children mirror their parents' behaviour, and if you are positive about the school, teachers, friends and their parents, your child will be too. Say "Hello" to everyone – both children and adults – when you drop off and fetch your child, and get to know the names of your child's classmates.
- 3** **Include everyone in events**
Birthdays mean a lot to children. When children are not invited to a birthday party or no one comes to their party, it hurts. When hosting a birthday party or other festive gathering, aim to invite everyone in your child's class – or all girls or all boys. And make it a priority to enable your child to participate when invited by others.
- 4** **Encourage your child to react if one of their friends is subjected to unfair treatment**
Children who feel isolated from the group need a helping hand and an invitation from a friend. Praise your child when he or she helps a friend in need. When they have the courage to say no and are good at helping and comforting others, children grow inside.
- 5** **Show an interest in your child's digital life**
Children know how to use digital media but don't always understand them. That's why they need guidance from adults. Be curious and join in – and talk to your child about how we can also show consideration for others in the digital world.
- 6** **Check in with your child if he or she is upset**
Acknowledge your child's feelings, but also remember that there are always at least two sides to every story. Help your child to consider whether other children may have experienced a conflict differently, and talk to other parents or a teacher before you react to a conflict.
- 7** **Be open and positive if other parents talk about their child's challenges**
Telling others that your child is sad or struggling at school and perhaps in need of play dates and friends can be very difficult. Show interest and be open – this will make it easier for everyone.