

Aiming to eradicate Ijime (bullying)

~IN COOPERATION WITH HOMES, THE LOCAL COMMUNITY, AND SCHOOLS~

Ijime (bullying) can occur in any school, in any class and to any child. For children, it is the most familiar, most serious form of abuse of human rights.

It is important that we adults stand firmly against bullying, build relationships of trust with children, and try our best to understand the suffering of children who are being bullied, because it concerns us, too. Homes, the local community, and schools should all work together towards the eradication of bullying, and create schools and towns in which everyone can live safe and happy lives.



I What types of bullying are there?

Ridiculing, teasing, name-calling

- Making offensive or thoughtless remarks
- Calling names loudly on purpose so others can hear it
- Putting in a mean letter into the target child's desk

Bumping into, or punching the target child

- Hitting the target child's shoulder as he/she walks by
- Kicking the target child as if playing
- Calling the target child out and taking violent actions

Excluding the target child from a group, or ignoring the target child as a group

- Not letting the target child play in the group
- Avoiding walking near the target child
- Ignore the target child's comments

Extorting money, food, etc.

- Demanding money
- Not returning things that were borrowed from the target child
- Forcing the target child to buy something

Hiding, breaking, or throwing out the target child's belongings

- Hiding the target child's shoes
- Throwing the target child's belongings into a trash can
- Breaking the target child's artwork

Doing or forcing the target child to do something dangerous or somethings that he/she does not want to do

- Making the target child carry other children's bags
- Avoiding touching the target child's desk or other belongings
- Taking the target child's clothes off

Difficult to notice

There are cases that need to be worked out with the help of the police!

Cyberbullying

- Using the Internet to make deliberate harmful remarks about the target child

SNS (Social Networking Service)

Smartphone

Cell phones

Online games

PCs

- Sending hurtful emails
- Posting the target child's personal information on a the message board without permission
- Posting false information about the target child
- Pretending to be the target child online
- Sending chain emails

Blog, online profile

Portable game device

Online message board, underground website

Hidden

II What kind of warning signs do children exhibit?

Checklist of small changes in the child



It is important to notice it quickly and give it prompt attention. !

■ Changes to the child who is being bullied

How your may child act	✓
Does not get up on time, does not want to go to school, is late for school frequently	
Not as active, lack of appetite, difficulty going to sleep, sighing often	
Does not speak much, does not want to talk about school and friends	
Does not want to go out, wants to stay in his/her room	
Has become absent-minded, or depressed	
Decreased motivation for learning	
Says that he/she wants to change classes, schools, or quit clubs	
Has become emotionally unsettled, for example, is fearful or irritated	
Suddenly becomes babyish or playful	
Relationships with friends change, invitations increase, the child is often called out, and is away from home frequently.	
Has destroyed or soiled clothing (and does not want to explain why)	
Has bruises or slight wounds (when asked what happened, says he/she just fell)	
Belongings are dirty or have been scribbled on, or they are damaged	
Takes money from home, or asks for money frequently	
Has things which you do not recall buying for the child, or losing things which the child kept as important	
Carries weapons such as knives	
Says things like, "I'm no good" or " I want to die"	
Gets frequent calls or messages on his/her cell phone or smartphone but does not answer them	
Reacts strongly to calls or messages on cell phones or smartphones, or has a worried expression	

■ Changes to the child who is bullying

How your child may act	✓
Frequently uses violent language/behavior	
Spends more money than before	
Becomes unpunctual	
Has things he/she did not have before	
Frequently makes disparaging remarks about friends	

Consult the school or a counseling institution immediately if you think something's wrong.



III What should I do if I notice that there is bullying going on?

If you noticed that bullying is going on, you, as an adult, should actively be involved in stopping it.
It is crucial to give it prompt attention and work closely with the children.

■ How to help a child who is being bullied

- ◆ If you notice any change, listen to your child.
- ◆ Listen to your child carefully, and learn about his/her emotional pain.
 - ※ Do not try to cheer him/her up from the beginning/do not discount him/her easily.
- ◆ Express clearly that you will protect him/her.
- ◆ Try to solve the problem together.
- ◆ Cooperate with the school by keeping them up to date about any changes you notice about in your child.
 - ※ You can also consult the school counselor or other consulting institutions.
- ◆ If there is a possibility of crime, consult the police or related institutions.
- ◆ Watch your child closely, collaborating with the school.



■ How to help a child who is bullying

- ◆ Keep a firm attitude towards your child.
- ◆ Help your child realize how bullied children feel.
 - ※ Just apologizing does not solve the problem.
- ◆ Direct your attention to your child's anxiety and frustration as well.
- ◆ Think with your child about, how he/she can break away from his/her insecure state of mind.
- ◆ Let the school know about it, and collaborate with the school.
- ◆ Carefully watch over your child, in cooperation with the school.



■ How to help a child who know that someone is being bullied

- ◆ Acknowledge his/her courage to talk about what he/she has seen.
- ◆ Help him/her realize how painful it is to be bullied.
- ◆ Help him/her also realize that not stopping it, being amused by it, or pretending not seeing it, is also connected to bullying.
- ◆ Think together with your child about what should have been done, and what he/she

Please consult immediately if you feel that something is wrong—for example, if your child is not his/her usual self, or if you hear about bullying from your child.

IV How can bullying be eradicated?

Making a secure place where the child can feel a sense of affirmation and contentment is a preventive measure against bullying.

■ What you can do at home

- ◆ Take time to talk to your child or have meals together.
- ◆ It is important to listen to your child thoroughly and patiently.
- ◆ Talk about things that your child is interested in.
- ◆ Try to spend time together doing different things.
- ◆ Give him/her a task/role in the family, and build up his/her self-esteem by praising.
- ◆ Maintain a healthy lifestyle by going to bed early and getting up early and teach good manners such as saying proper greetings.
- ◆ Think with the child the meaning and the importance of keeping promises and rules.
- ◆ Think of family rules together
- ◆ Acknowledge your child's individuality and special characteristics, and help him/her to gain self confidence.
- ◆ When you provide your child electronic devices such as cell phones, smartphones, or portable games agree on the purpose of the device and rules for use.



V Where can I go for consultation?

If you are bullied, witness bullying, or hear about bullying, please do not hesitate to consult your school.

There also are consultation services available other than schools.

Consultation institution	Phone number
Consultation Center on Education in General	045-671-3726~8
<i>Ijime</i> 110 Consultation Center on Education in General	0120-671-388 (24 hours a day, 365 days a year)
Yokohama Youth Consultation Center	045-260-6615
Telephone Consultation for Children	045-260-4152
Central Child Consultation Center (Those who live in Kanagawa, Tsurumi, Naka, Nishi, and Minami Wards)	045-260-6510
Western Child Consultation Center (Those who live in Isogo, Kanazawa, Konan, Sakae, and Totsuka Wards)	045-331-5471
Southern Child Consultation Center (Those who live in Isogo, Kanazawa, Konan, Sakae, and Totsuka Wards)	045-831-4735
Northern Child Consultation Center (Those who live in Aoba, Kohoku, Tsuzuki, and Midori Wards)	045-948-2441
Children's Rights 110	0120-007-110
Yokohama Consultation Hotline	045-335-4343 (24 hours a day, 365 days a year)

