

Aggressive behavior and bullying in school



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Erasmus Project “Every Child is Special”

What means “*Bullying*”?

Bullying is the use of force, threat, or coercion to abuse, intimidate, or aggressively dominate others. The behavior is often repeated and habitual.

(Wikipedia)



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Types of bullying

Physical, verbal, relational bullying and cyber-bullying.

The first two types are most prevalent in primary school and could also begin much earlier. Cyber-bullying is more common in secondary school than in primary school.

Public/Private schools



- Less diversity of children;
- More supervision;
- They are likely to have more resources to prevent any potencial behavioral issues;
- ...

Aggressive behaviour



agressão



agressão



autoritarismo



ciúmes

Kindergarten

- *Saying 'no' to the wrong behavior. It's important to be clear;*
- *Small rewards (kisses and caresses) when children improve their behavior;*
- *Use little punishments, if necessary and as a last resort;*
- *If the behavior happens often we talk to parents, find out if there is any reason to try and define new strategies*



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Mindfulness

- One of our students' mother paid us a visit to share a technique called *Mindfulness*. Among other things, this technique helps us develop our ability of paying attention and prevent states of anxiety.



It is also a resource for emotional regulation which allows children to get aware of their feelings and to act accordingly in situations of stress.





Thanks for your attention

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