Guideline: Meeting with the affected student

- Introductory phase

Build a relationship
Build trust

- Share your observations
  → I have noticed that...
  → I don’t see you any more...
  → Your parents are worried...

- Ask the student to express his/her thoughts and feelings
  → Do you like coming to school?
  → Do you feel good in your class?
  → How are you?

- Inquire whether the student wants to change the situation
  → This is a difficult situation
  → Do you want things to change/to improve?
  → I am sure that we can do something to modify what is happening. Would you like that?

- Convey confidence
  → A lot of students have gone through similar experiences as you and found a way out.

- Show interest and commitment
  → What is happening to you cannot be tolerated.
  → I want every student to be able to attend school without fear - that includes you.

- Procedure will be explained
  → I will have a meeting with some of your classmates.
  → Together with them I will think about ways to improve the situation for you and the whole class.
  → The group will consist of students you like but also include those who are causing your problems.

- Take away the burden of the student
  → You don’t have to become active. I will take care of it.

- Convey safety
  → It is important for you to know that nobody will be punished or will get in trouble.

- Who should belong to the support group?

- Bullying protagonists
In order to be able to do something for you I need to know who is participating in giving you a hard time.

Who is bullying you? Anybody else?

- “Neutral” students

Friends

Who do you get along with?

- Confidentiality

Student expresses what should not be mentioned.

- Agree on a date for a follow-up meeting

Source: Fairaend, Heike Blum, Detlef Beck, Trainingmaterial 2009, Gespräch mit gemobbtten Schüler