

KiVa[®] Antibullying Program



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What is bullying?

Bullying is a systematic aggressive behavior against a person who finds it difficult to defend him/herself against the perpetrator(s).

Two key elements: repeated attacks and power differential are central features.

Universal phenomenon: *about 10% of children and adolescents worldwide are systematically being bullied*



KiVa® Antibullying Program as a solution

KiVa is an innovative, award-winning, evidence-based antibullying program which has been developed using cutting-edge research on bullying and its mechanisms.

Launched in 2009 in Finland for national use where almost all schools have at some point implemented KiVa.



Goals of KiVa[®] antibullying program

1. Prevention
2. Intervention
3. Minimizing the negative effects of bullying



How is KiVa contributing to solving the problem?

KiVa has a whole-school approach.

It includes:

- ✓ The universal actions directed at all students, and focus mainly on preventing bullying
- ✓ The indicated actions to be used when a bullying case has emerged

KiVa program provides a large amount of concrete tools for teachers, students and parents; adapted to the age of the children.



KiVa tools

Student lessons and videos



Visible vests for supervising recess time



Prevention

Material for staff and parents



Digital tools, online learning environment and games



Online surveys
Feedback of progress
Monitoring long-term effects

Monitoring

Intervention

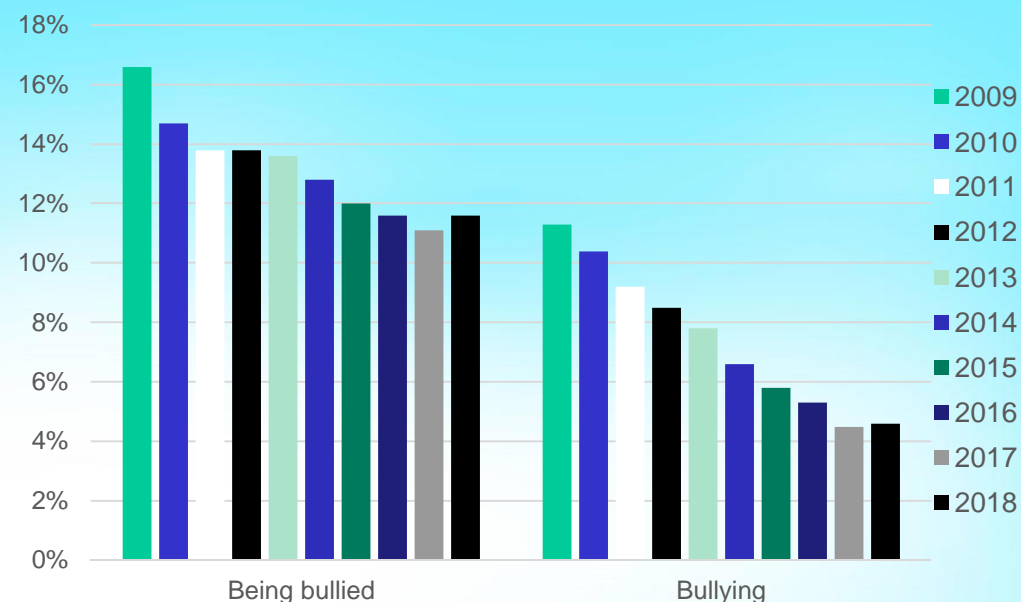
KiVa® team
Clear guidelines
for tackling bullying



Strong evidence of effectiveness

- ✓ KiVa is effective in reducing prevalence rates of bullying and victimization
- ✓ KiVa reduces multiple forms of victimization
- ✓ KiVa influences positively on school liking and academic motivation (Salmivalli, Garandeanu & Veenstra, 2012).

Percentages of students being bullied and bullying others repeatedly in Finnish KiVa schools in 2009-2018



KiVa today

- ✓ Available in 21 countries within Western and Eastern Europe, North and South America and Oceania
- ✓ Translated into 15 languages
- ✓ Implemented internationally within over 800 schools, among which some are private and public schools, European Schools and International Schools
- ✓ Used daily by more than 113.000 children, outside of Finland



Contact us!

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Let's make
it together!





KIVA Antibullying program

Dubai Expo

Finland Oman School
February 2022

Speakers



Anna Laaksonen
Special Educational Needs
Teacher



Maryam Al Kharoossi
Social Worker



Rihab Al Hosni
Arabic Special Educational
Need Teacher

Content

- School Introduction
- KiVa Team
- KiVa Practices at Finland Oman School
 - Universal actions
 - Indicated actions



Finland Oman School - Muscat, Oman

- [Finland Oman School](#) was established and opened in 2018 by Oman Educational Services.
- The school offers education for students from grades KG1-11. The school attracts Omani and expatriate students. This year we have more than 360 students.
- The school follows an Omani bilingual curriculum, which integrates teaching and learning methodologies from Finland.



About KiVa Team in Finland Oman School (F.O.S.)

- KiVa Team is one of the F.O.S. Focus Teams
- F.O.S. Focus Teams meet every three weeks
- KiVa Team consists of SEN Teachers, Class/Subject Teachers and the Social Worker
- KiVa Team works in collaboration with the School Welfare Team



Lesson allocation – Kiva lessons

F.O.S Subject Lesson Allocation										
Number of Hours per subject	G1-2	G3	G4	G5	G6	G7	G8	G9	G10	G11
Islamic Studies	3	3	3	3	3	3	3	2	2	2
Arabic	7	6	5	5	5	4	4	4	4	4
Social Studies	0	2	2	2	2	2	2	1	1	1
English	5	5	5	5	5	5	5	4	4	4
Mathematics	5	5	5	5	5	5	5	4	4	4
Science	3	3	3	3	3	4	4	0	0	0
Life Skills and kiva	1	1	1	1	1	1	1	0.25	0.25	0.25
ICT	1	1	1	2	2	2	2	3	3	3
Music	1	1	1	1	1	1	1	0	0	0
Home Economics	1		1							
Art and Crafts	1	1	1	1	1	1	1	0.25	0.25	0.25
PE	1	1	1	1	1	1	1	1	1	1
FOS Focuses and Transversal Skills	1	1	1	1	1	0.5	0.5	0.25	0.25	0.25
Career Guidance	0	0	0	0	0	0.5	0.5	0.25	0.25	0.25
Biology	0	0	0	0	0	0	0	4	4	4
Physics	0	0	0	0	0	0	0	4	4	4
Chemistry	0	0	0	0	0	0	0	4	4	4
Business	0	0	0	0	0	0	0	3	3	3

Universal and Indicated actions

- F.O.S KiVa Team is producing challenges, KiVa lessons, during academic year. The purpose of the lessons is to increase students' awareness of bullying. Our main topics are identification of emotions, belonging to a group, diversity and equality, judging bullying together and supporting the bullied.
- KiVa Team helps teachers tackling the bullying cases. They will follow the program rules when solving the cases.

Universal actions: Kiva Challenges

- Student lessons about bullying
 - Raising the awareness about bullying
 - Social and emotional learning
 - Discussions with the students
- Group activities

Kiva Team prepares and shares the activity with the teacher every three weeks.

KiVa Challenge

Difference is Richness
&
Everyone is included

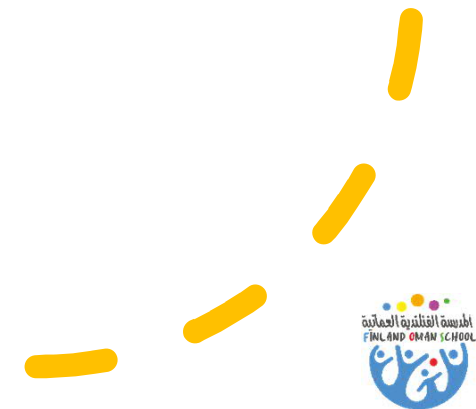


Kiva Challenges and Activities

Similar – Different Exercise

The goal is to realize that we are similar in many ways but there are also many aspects in which we are unique.

- Student can either sit at their own desks or the whole class can sit in a circle. One by one, they can stand up and share something about themselves.
- All the classmates who share the same thing will also stand up.
- After that everyone will sit down.





Discussion: What does
bullying mean?

Bullying can be...

Name-calling,
making fun of,
laughing at
someone

Pushing, hitting,
kicking

Excluding,
discriminating from
the group


Sending mean or
threatening
messages

Spreading mean
stories, rumors or
lies

Taking, destroying,
hiding or breaking
someone's
possessions

Any kind of
offensive
communication

Insulting someone
online

A decorative background featuring several curved lines in shades of gray, some solid and some dashed, sweeping across the page. A prominent red speech bubble is positioned on the left side, containing white text.

Laughing with
someone vs.
Laughing at
someone

Sometimes bullying might seem harmless fun, but laughing at someone is not funny. It is different to laugh with someone than at someone.

When you say: "We are just playing", make sure that the other one is feeling the same way!

Indicated actions: How to deal with bullying cases

1

Meeting
with the
bullied
student

2

Individual
discussion
with the
students who
have taken
part in
bullying

3

Group
discussion
with the
students
who have
taken part
in bullying

4

Follow-up
discussions
with the
students



Thank you!