

## Welcome to KiVa school!

**KiVa is an innovative school-based antibullying program which has been developed using cutting-edge research on bullying and its mechanisms**

### **Prevention, intervention, and monitoring**

KiVa is an evidence-based program to prevent bullying and to tackle the cases of bullying effectively. The former is crucial but also the latter is important, as no prevention efforts will make bullying disappear once and for all; there need to be tools to be utilized when a case of bullying comes to light. The third aspect of KiVa is constant monitoring of the situation in one's school and the changes taking place over time; this is enabled by the online tools included in KiVa. These tools produce annual feedback for each school about their implementation of the program as well as the outcomes obtained.

### **The main components of KiVa**

KiVa includes both universal and indicated actions. The universal actions, such as the KiVa curriculum (student lessons and online games), are directed at all students and focus mainly on preventing bullying. The indicated actions are to be used when a bullying case has emerged. They are targeted specifically to the children and adolescents who have been involved in bullying as perpetrators or victims, as well as to several classmates who are challenged to support the victim; the aim is to put an end to bullying.

### **Measures in individual cases of bullying**

The KiVa program does not solely concentrate on preventing bullying, but also addresses individual bullying cases as effectively as possible. Each school implementing the program has a task force - the KiVa team- consisting of at least three teachers or other adults. In their training team members are familiarized with measures to address individual bullying cases. They function as experts on bullying related matters in their school.

### **Material for teachers, students and parents**

KiVa includes an extensive amount of material for teachers, students and parents including e.g. teachers' manuals, videos, online games, KiVa student and staff surveys, posters, vests and parent's guide. KiVa has several language versions available and more translations are underway. Contact us to find out if KiVa exists in your language.

**KiVa is not meant to be a one-year project, but a permanent part of the school's antibullying work.**

For more information, please visit the KiVa website, <http://www.kivaprogram.net/>

For the parents' guide visit <http://www.kivaprogram.net/parents/>

When you suspect a harassment situation, do not hesitate to send an email to the class teacher AND the KiVa team: [BRK-Kiva@eursc.eu](mailto:BRK-Kiva@eursc.eu)