**Intervention Plan (Portugal)**

In a Bullying situation, working with the whole school community would be very important.

As such, work should be done with the children and at the same time, work with teachers, technicians and families. We leave here some suggestions of work to develop:

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| **Work with teachers :** | **Work with children :** |
| * Watching and listening to children; | * Talking with children to express their concerns and anxieties; |
| * Bringing together and involving all teachers in the process, sharing experiences and problem situations in order to discover together new solutions; | * Teaching values such as empathy, solidarity and respect for different people, with varied games; |
| * Teachers can try to create a conflict management program and attempt to change bad behaviors; | * Working on self - esteem giving more responsibility to children; |
| * Creation of a work team and support with specialized teachers, with technicians connected with education ... to develop a work with the children, the group and the family (Sharing an educational project); | * Creation of a program where a bigger child takes care of a smaller one; |
| * Creation of an individual support office for children so that they always have an adult available to help solve their doubts and problems. | * Working with children trying to understand the reasons for bad behavior and creating strategies to help improve. |