



PROCEDURE FOR PROTECTING BULLYING AND VIOLENCE IN SCHOOLS

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ABOUT ARTICLE

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Abstract: The article is devoted to the current problem of bullying in schools of Uzbekistan and offers solutions based on the analysis of legislation and successful experience of other countries. The article considers the issues of protecting children from bullying, including harassment, in educational institutions of Uzbekistan. The author analyzes the legislation regulating this area and offers mechanisms to combat bullying, such as preventive programs, mechanisms for responding to cases of bullying and the creation of a support system for victims. Also, the law "On the Protection of Children from All Forms of Violence" is analyzed, which defines bullying as a form of violence. The article offers specific measures to combat this phenomenon in schools, including educational programs and response mechanisms. The author emphasizes the importance of a comprehensive approach to solving the problem of bullying, including prevention, timely detection of cases of bullying, assistance to victims and work with aggressors. The effectiveness of the fight against bullying depends on the joint efforts of teachers, psychologists, parents and the students themselves. The author calls for the creation of a safe and friendly environment in educational institutions where every child feels protected and respected.

MAKTABLARDA BULLING VA ZO'RAVONLIKK QARSHI HIMOYA TARTIBI

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MAQOLA HAQIDA

Kalit so'zlar: bullying, maktabdagi tazyiq, zo'ravonlik, bullyingning oldini olish, bullyingga qarshi kurash, bolalar huquqlari, maktabda bullyingdan himoya qilish mexanizmi.

Annotatsiya: Mazkur maqola maktablarda bullying muammosiga bag'ishlangan bo'lib, qonunchilik va boshqa mamlakatlarning muvaffaqiyatli tajribasi tahliliga asoslangan holda o'rganilgan. O'zbekiston ta'lim muassasalarida bolalarni bullyingdan, jumladan tazyiqdan himoya qilish masalalari ko'rib chiqilgan. Muallif ushbu sohani tartibga soluvchi qonunchilikni tahlil qilib, bullyingga qarshi kurash mexanizmlarini, jumladan, profilaktika dasturlarini, bullying holatlariga javob berish mexanizmlarini hamda jabrlanuvchilarni qo'llab-quvvatlash tizimini taklif etadi. Shuningdek, bullyingni zo'ravonlikning bir turi sifatida belgilovchi "Bolalarni barcha zo'ravonlik shakllaridan himoya qilish to'g'risida"gi qonun tahlil qilinadi. Maqolada maktablarda bullyingga qarshi kurash bo'yicha aniq chora-tadbirlar, jumladan, ta'lim dasturlari va ta'sir choralari mexanizmlari taklif etiladi. Muallif bullying muammosini hal qilishda kompleks yondashuv muhimligini ta'kidlab, profilaktika, bullying holatlarini o'z vaqtida aniqlash, jabrlanuvchilarga yordam berish va tajovuzkorlar bilan ishlash zarurligini qayd etadi. Bullyingga qarshi samarali kurash olib borish o'qituvchilar, psixologlar, ota-onalar va o'quvchilarning hamkorlikdagi sa'y-harakatlariga bog'liq. Muallif har bir bola o'zini himoyalangan va hurmatga sazovor his qiladigan xavfsiz va do'stona muhit yaratish muhimligini asoslagan.

ПОРЯДОК ЗАЩИТЫ ОТ БУЛЛИНГА И НАСИЛИЯ В ШКОЛАХ

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О СТАТЬЕ

Ключевые слова: буллинг, травля в школе, насилие, профилактика буллинга, противодействие буллингу, права детей, механизм защиты от буллинга в школе.

Аннотация: Статья посвящена актуальной проблеме буллинга в школах Узбекистана и предлагает решения на основе анализа законодательства и успешного опыта других стран. Рассматриваются вопросы защиты детей от буллинга, включая травлю, в образовательных учреждениях Узбекистана. Автор анализирует законодательство, регулирующее данную сферу, и предлагает механизмы борьбы с буллингом, такие как профилактические программы, механизмы реагирования на случаи буллинга и создание системы поддержки жертв. Также анализируется закон «О защите детей от всех форм насилия», который определяет буллинг как форму насилия. В статье предлагаются конкретные меры по борьбе с этим явлением в школах, включая образовательные программы и механизмы реагирования. Автор подчеркивает важность комплексного подхода к решению проблемы буллинга, включая профилактику, своевременное выявление случаев травли, оказание помощи жертвам и работу с агрессорами. Эффективность борьбы с буллингом зависит от совместных усилий учителей, психологов, родителей и самих учеников. Автор призывает к созданию безопасной и дружелюбной среды в образовательных учреждениях, где каждый ребенок чувствует себя защищенным и уважаемым.

INTRODUCTION

The law "On the Protection of Children from All Forms of Violence" was adopted in our country, which regulates relations in the field of protecting children from all forms of violence.

According to the law, bullying is a form of violence against children, and it is established that the use of offensive nicknames by a group of children or one child against another child or children, restriction of any communication with him (her) (boycott), seizure of his (her) property and (or) damage to his (her) property, public discussion of his (her) specific physical, psychological or intellectual characteristics, humiliation of his (her) honor and dignity or harm to his (her) health and life, including the use of telecommunications networks and the Internet (Brown, L. K., Davis, C. M., 2021, 325 p), is recognized as bullying.

METHODS

It should be emphasized that in order to prevent violence against children in educational institutions, educational programs are aimed at preventing violence against and among children, including bullying, as well as at eliminating disregard for the rights and legitimate interests of children.

RESULTS

The use of any forms of violence, including corporal punishment and other cruel or degrading treatment or punishment (Smith, J. D., Jones, A. B. 2020, 248 p), as disciplinary measures in educational institutions is not allowed.

Programs and mechanisms are introduced to prevent violence against and among children, including bullying, in educational institutions, as well as to take appropriate measures in cases of violence. Such measures are included in the internal regulations, charters and work plans of the educational institution.

Persons responsible for preventing violence against children in educational institutions shall be appointed.

DISCUSSION

In order to protect children from violence, the management of the educational institution shall take measures to eliminate the causes and conditions that allow violence against children, to form relationships in the educational institution that are free from violence, based on respect for human rights and dignity, and to organize and ensure a safe and positive psychological environment.

In order to protect children from violence, employees of educational institutions must strictly adhere to the internal regulations of the educational institution, the rules of pedagogical ethics and conduct when communicating with students, parents (persons replacing them) (Ivanova, 2023, 126 p), and members of the pedagogical team, ensure equal treatment of all students, assess and improve the psychological climate in the classroom, conduct interviews with students and provide advice to parents (persons replacing them), and ensure close cooperation with psychologists and psychological inspectors.

In order to protect children from violence, students of educational institutions must comply with the internal regulations of the educational institution, participate in trainings organized to prevent violence against children, and if they witness violence or have information about it, they must notify the management of the educational institution.

- Mechanisms for combating bullying at school:

• Combating bullying at school is a complex task that requires the joint efforts of teachers (Wilson, R. E., Garcia, S. T. 2022, 115), psychologists, parents and students. The main mechanisms that can be used to combat this phenomenon are listed below:

• **1. Prevention**

• Educational programs: Conduct training and exercises aimed at developing communication, tolerance, empathy and peaceful conflict resolution skills among students.

• • Explaining the concept of bullying: Explaining to students what bullying is and what consequences it has for its victims and aggressors.

• • Creating a positive atmosphere at school: Organize events aimed at uniting the team and creating an atmosphere of trust and mutual respect. Encourage the manifestation of kindness, mutual assistance and support.

• • Cooperation with parents: Conduct parent meetings dedicated to the problem of bullying. Provide parents with information about the signs of bullying and how to help their child if they are a victim or witness of bullying.

• **2. Responding to bullying**

• • Identify bullying situations early: Train teachers and other staff to recognize the signs of bullying. Create a system for anonymous reporting of bullying.

• • Investigate incidents: Conduct a thorough investigation of each bullying incident with the participation of all interested parties.

• • Deal with the perpetrator: Apply disciplinary measures appropriate to the age and severity of the offense. Conduct individual work to change the perpetrator's behavior.

• • Provide psychological support to victims: Provide psychological support to victims of bullying. Develop an individual work plan with each victim.

• **3. Create a support system**

• • Designate a focal point: Designate an anti-bullying coordinator to organize and coordinate all activities.

Establish a school bullying prevention council: The council should include representatives of the school administration, teachers, psychologists, parents, and students.

Cooperation with organizations: Cooperation with law enforcement agencies, social services, and community organizations.

Combating bullying requires a comprehensive approach that includes prevention (Petrov, V. G., Sidorova, S. I. 2022, 80 p), response to bullying, and the creation of a support system. Anti-bullying measures should be systematic and ongoing.

The effectiveness of anti-bullying measures depends on the joint efforts of all participants in the educational process. Consequences of bullying:

- Decreased self-esteem: The victim begins to consider himself worthless and wrong.
- Depression and anxiety: Insomnia, loss of appetite, constant worry.
- Social isolation: Fear of communicating with other people.
- Learning problems: Difficulty concentrating, poor grades.
- Physical: Headaches, stomachaches, difficulty breathing.

The KiVa program (Finland) was developed and is one of the most successful and widely recognized bullying prevention programs in the world. This program aims to create a safe and friendly school environment where every child feels safe and respected.

The Olweus program (Sweden). The program aims to change the entire school culture by making bullying unacceptable. The program has developed rules of etiquette and a system of punishments for aggression. Teachers play a key role in implementing the program, they must know the signs of bullying and take appropriate measures. Actively involve parents in the process of combating bullying.

P.E.A.C.E. programs (Australia). This program is aimed at developing conflict resolution, empathy and cooperation skills in children. The programs include educational components, work with children, parents and school staff, as well as the creation of a support system for victims of bullying. The programs are implemented throughout the school and require the active participation of all participants. It is important to identify and prevent bullying at an early stage. The school should create an environment in which children feel safe and can seek help. Parents and the community should be involved in the process of combating bullying.

CONCLUSION

Many countries have adopted laws aimed at preventing and combating bullying. These laws define the concept of bullying, determine responsibility for its commission and provide measures to protect victims.

Modern technologies play an important role in the fight against bullying. Special applications and platforms allow anonymous reporting of bullying incidents, as well as provide tools to monitor students' online activity. Students themselves are required to follow the internal regulations of the educational institution, participate in trainings on the prevention of violence against children, and report to the administration if they witness or have information about violence.

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