

# **BULLYING (CONCRETE URGENT ACTION PLAN)**

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*My body is private, no one can touch it...*

## PREFACE

Bullying is one of the silent but deeply wounding shadows of childhood. Bullying incidents that occur especially in the primary school years can negatively affect children's physical, emotional and social development, leaving deep scars on their self-perception, self-confidence and social relationships. This book aims to make visible the problem of bullying, which is unfortunately frequently encountered in the world of children but often goes unnoticed, and to provide a concrete road map for the solution of this problem. The main content of the book is based on the article 'The Silent Shadow in Primary School: The Invisible Face of Bullying' (2024). This article presented a concrete emergency plan that can be used to intervene in bullying incidents and made a significant contribution to the field. The findings section of the article contains headings that will enable effective steps to be taken in the fight against bullying, and these headings have formed a basic basis for shaping the content of the book. Steps such as detecting bullying, protecting victims, taking statements from witnesses and taking disciplinary measures against those responsible are covered in detail in the book in line with the findings of this article.

Bullying is a problem that affects not only the victim but also the witnesses, the perpetrator and the whole school environment. For this reason, the book provides a broad perspective by addressing all aspects of bullying incidents, from protecting the victims of the incident to applying disciplinary measures to those responsible, from taking witness statements to collecting evidence. It also includes long-term monitoring and evaluation processes to support the victim's healing process after bullying and to prevent recurrence. Combating bullying is not only an individual endeavour but also a social responsibility. Children growing up in a safe, loving and supportive environment forms the basis for them to become healthy individuals in the future. Educational institutions, parents and the whole society should share this responsibility and act in cooperation to prevent bullying and support the victims. I hope that this book will be a useful resource for all those who listen to the silent cries of children and aim to offer them a safer future by revealing the invisible face of bullying. I would like to thank in advance all readers who are part of this effort to create a more conscious and sensitive educational environment.

December, 2024  
İSTANBUL

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