




KiVa® Antibullying Program

**ADDITIONAL MATERIAL ON BULLYING
AND SEXUAL HARASSMENT FOR TEACHERS**

BULLYING AND SEXUAL HARASSMENT

A black and white photograph capturing a moment of public harassment. In the foreground, the back of a person wearing a dark hoodie and light-colored, vertically striped pants is visible. In the middle ground, a person wearing a horizontally striped shirt is holding a smartphone up, filming the person in the foreground. To the right, the hand and part of a white sleeve of another person are visible, reaching towards the person being filmed. The background consists of tall, dry grass or reeds, suggesting an outdoor setting. The overall mood is one of surveillance and public shaming.

The support material on bullying and sexual harassment for teachers has been produced in cooperation between the University of Turku and experts. The purpose of this material is to support teachers to discuss safety skills regarding sexual harassment with children approximately 10 to 12 years of age. Experts Raisa Cacciatore and Erja Korteniemi-Poikela emphasize that the primary sexual education providers are parents or legal guardians, but schools should be able to support this education. School personnel should be prepared to handle different kinds of situations related to sexual harassment and bullying that children might experience.

We suggest that the material is covered by a familiar teacher or a school nurse, so that children feel more comfortable talking about these.

It is recommended to first go through at least the first three lessons of the teacher's manual for Unit 2. A good moment to go through this material is either after lesson 3 (Recognize bullying!) or lesson 9 (Stick up for yourself). This material should be covered before the KiVa student survey, which includes questions about sexual harassment the student might have experienced at school.

ABOUT CHILDREN'S DEVELOPMENT

Children and youth grow up surrounded by many sources of information. That is why it is important for children to initially receive information about their safety, body, development, rights, and self-protection from safe sources such as home or school.

Children are more and more exposed to media. The values, knowledge, relationships, suggestions, or instructions offered in media may be dangerous for children. Both in media and in real life children are often easily led, encouraged/provoked, or pressured into doing things unsuitable for them. These encounters can leave children in a state of anxiety.

Children need to know that everyone's body is individual and unique. How bodies develop and the time it takes are also individual and cannot be influenced. The more one compares themselves to others, the more their self-esteem can deteriorate. It is important to respect oneself and others, no matter what own or other bodies are like. Media's influence on children's self-esteem is often negative. The bodies seen in media can confuse and induce anxiety within a child whose body is still developing. Images in media are edited to show only part of the truth and this truth is often made to look better. It is nearly impossible to delete anything from the internet completely after posting it. That is why children should not share pictures on social media other than those that their parents have approved. Additionally, no one should post pictures or videos of others without their consent.

Children's feelings are strong, even online, and children are vulnerable. Bullying, other kinds of harassment, or even positive reactions such as 'likes' that happen on social media might be a much bigger thing for children than for adults. Support children and talk about these things so that they have the courage to turn to an adult when they have issues. Be ready to accept, support and listen to children's emotions.

Children are going through sensitive and confusing times because they and their peers are changing. The changes in bodies happen individually in children and at different paces. A child's friends might be in different stages of bodily and mental development than the child themselves. It often confuses the child and their peers. This confusion might appear as bullying, withdrawal from groups, or feelings of inferiority. A confused child needs acceptance and compliments but is also prone to exploitation, abuse, and grooming. Children need information about this important developmental stage, so they can receive support from safe adults and learn to protect themselves.

SEXUAL HARASSMENT

Sexual harassment disturbs a child's healthy development, weakens learning, and affects their behavior negatively. Sexual harassment does not only cause immediate suffering to children and their families, often for years or decades, but costs on a societal level. It is important to prevent sexual violence by, for example, teaching safety skills.

It is often difficult to recognize violence experienced by a child if the child does not know how or does not dare to tell about it. Therefore, every adult near children and professionals should have the courage to teach prevention, as well as hear and listen to a child carefully, and give immediate support to them if there is a possibility of mistreatment, or the abuse has already happened.

CHILDREN HAVE TO BE PROTECTED FROM PORN

Children have to be protected from inappropriate information that does not belong to their age. Porn causes often anxiety and can bother children's minds for a long time. However, sometimes children might see porn when they are online. It is the task of adults to limit the internet use of children. Limits are set at home and the parents or guardians are responsible. Parents must know what kind of risks there are on the internet. At school, children may explain what they have seen online and that is why teachers should know how to react to such news.



SAFETY EDUCATION INSTRUCTIONS FOR SCHOOLS

EXPLAIN THESE THINGS TO CHILDREN

Begin the safety education with positive things: children's growth, individual bodies, and strengthening children's self-esteem, rights, and skills. For example, the skills of friendship and hygiene skills should be taught early.

- The most important safety skill to teach is that children are allowed and should have the courage to talk to adults about their body and they know the proper words to use when talking about their body.
- Each child should know how to take care of their body by, for example, washing all of their body parts by themselves. Only the body you can take care of and you can talk about can be protected.
- Additionally, children should be taught to value and appreciate their individual body, so they want to protect it.

NAMES FOR DIFFERENT BODY PARTS

Tell children that all body parts are valuable and important. Teach them everyday words for body parts that they are allowed to use when talking about bodies in a proper way. When you start talking about body parts, children learn how and in which situations these words are acceptable. If there are no suitable words for children to use about genitals, you may teach the Latin words vulva and penis. Children's healthy body image is an important part of their self-esteem. Tell children that it is important to value and take good care of their own bodies. Tell them:

- Everyone has their own individual and unique body
- All kinds of bodies are equally good
- No one should be hurt by words or acts because of their unique body. No one can choose to change their body and it is a good thing that we all are one of a kind
- The body parts that are covered by a swimsuit or underwear are the child's private parts
- No one is allowed to look, touch or take pictures under the swimsuit or underwear without a good reason or the child's permission
- No one should take and share pictures of their own private body parts with anybody. It is not appropriate or allowed
- Everyone decides about their own body.

PUBERTY CHANGES THE BODY

Tell children at the age of 9 to 11 years old what puberty means. For some children, the changes may start already as early as the age of 10.

- A child's body is developing into an adolescent body
- At the beginning of puberty, for example, the growth of feet, height growth, sweat odor, and oiliness of skin begin
- At the same time, girls' breasts and boys' testicles start to grow. The genitals start to develop and hair growth increases. Girls' vaginal discharge increases and boy's voice start to break
- The start of menstruation or ejaculation mean the development of reproductive capacity

- As the brain develops, emotions and the need for independence strengthen, and intelligence increases, but the skill to assess risks is still weak
- The changes that happen through puberty mean that the children have to learn to take care of their hygiene in new ways and more thoroughly
- When the whole body and mind are changing, children can be confused and insecure about themselves. This is normal and everyone should allow themselves to develop at their own pace
- Children have to get to know, and get used to, their new and changing bodies again and again
- Children need to learn to manage their new emotions
- It is reassuring for children to know that everyone is going through similar kinds of changes

TOUCH IS NOT SUPPOSED TO FEEL BAD

Tell children that touching other people is allowed only if the other person consents to it and it feels good and is allowed by both. Generally, children learn the difference between good and bad touch early and learn to speak about it. Practice everyday situations where children learn to say 'no' to unwanted touching and respect when other people say 'no'.

Tell them:

- Touch should not induce anxiety and you should not feel bad about it
- Say aloud what the touch feels like and whether you want to be touched
- When a person says that they don't want to be touched, their wish has to be respected
- Touch should never be a secret
- A nice touch feels good and safe
- You feel good after a nice touch
- Bad touch makes you feel bad, it can scare, hurt or make you angry
- The same rules of touching apply to familiar people and strangers. Children always have the right to say 'no'.



HOW TO ACT IN SITUATION THAT SCARE CHILDREN OR MAKE THE CHILDREN FEEL BAD

Teach the children three-step instructions:



Feelings of shame should be avoided when discussing these issues. Telling children that naming body parts is forbidden, or not talking about them at all weakens their healthy body image and self-esteem.

Tell children the following:

- Even if something bad or forbidden has happened, adults do not get angry with children but are there to help
- If they know that something bad has happened to their friend, that should be told to an adult
- Adults know how to help.

WHAT IS SEXUAL HARASSMENT OR SEXUAL VIOLENCE?

Tell the children how to act if someone films, touches, or asks them to touch themselves in a way that is not how instructed in the safety skills.

- Sexual harassment can happen via words, touching or even on social media
- It means that someone comments on you, your body, or your feelings so that it makes you uncomfortable. It can also mean that someone touches or tries to touch you or your private body parts (i.e. mouth, breasts, genitals) or asks you to touch their body parts
- It can also be grooming by sending pictures of private body parts or luring children with friendship with the intention of doing something bad
- It is also sexual violence if someone sends a picture or shows their private body parts to you
- If someone has touched you in a confusing or bad way, or forced you to touch them, it is important that you can tell about it to an adult you trust
- These things can be talked about with parents or guardians, teachers, or school nurses.

RULES OF FRIENDSHIP

Teach the children how to recognize nice relationships and how to interact in an equal and friendly way. Tell them the simple rules of friendship. Good relationships strengthen the well-being of people of all ages and protect them when setbacks happen. Friends strengthen children's self-esteem and coping skills while protecting them from bullying or harassment. When the time comes, the rules of friendship are a basis for a good romantic relationship.

- Friendship means that you are a nice and reliable companion to others
- A friend listens and talks in a friendly way
- A friend is not mean and does not hurt or offend purposefully
- A friend does not force people to do things or threaten to abandon others
- A friend makes others happy, encourages, and cheers them on when they are feeling weak or sad
- A friend is honest, shows affection, and does not talk badly behind others' backs
- A friend does not leave anyone alone in trouble
- A friend should be appreciated – this way you gain appreciation yourself!

HOW TO PROTECT CHILDREN FROM PORN?

If a child tells you that they have seen porn, thank them for telling you.

This is a child's way of seeking security and an explanation from an adult. Refusing to talk about the incident does not help the child. Punishing causes feelings of shame and guilt in the child. These further stresses children and increase the anxiety caused by porn, as well as inciting feelings of disgust and fear. Additionally, it leaves the child alone to understand incomprehensible images and misinformation. In the future, the child most likely will not discuss these kinds of things with an adult but looks for information from the wrong sources. Trustworthy safe talk and relationship with an adult is the best protection for children.

If a child is upset about porn, they often have the need to talk about it. Let the child speak.

Children speak with their own words and understand things in a child's way. Listen to their views. Exaggerated pictures often seem violent to children. Children might be scared and think that the people in the pictures are in distress or they are harassed violently and should be helped. They might think that everyone has to do as they do in the images or videos as an adult. Children's fears should be listened to and discussed, and children should be calmed.

Let children talk about the incident because talking about a scary thing eases their stress. Do not rush past the issue, even if it causes you discomfort.

Tell children that things seen in porn do not happen in normal people's life. Porn is dramatized story that is not meant for children. It is different from affection, lovemaking, or sex that happens between adults.

Children should not watch anything that makes them feel uncomfortable or scared.

Tell children that they can say 'no' to any viewing of videos or images that make them feel scared, confused, or anxious. They can say "No, I don't want to look at that" and just walk away or close the application. They do not have to stay and watch anything that an adult or another child is showing on any device. When children are allowed to talk about what they saw and an adult supports them, the scary images do not bother them as much.

A positive, adult-initiated talk about children's rights and natural development helps children. Those act as a shield against misinformation from media or peers. When children know their natural developmental stage, they can accept their own pace and not hurry to actions that do not belong to their age group or developmental stage.



HOW SEXUALITY DEVELOPS IN CHILDHOOD AND ADOLESCENCE

(from the book Rakkaus, Ilo, Rohkeus: Seksuaalisuuden portaati; Cacciatore, Korteniemi-Poikela, Minerva 2019)

Children do not understand sexuality the same way adults. Children have a concrete and natural view of the body, intimacy, and of showing affectionate feelings. If an adult reacts to children's questions about sexuality or sexual acts negatively when children are young, it disturbs their innocent curiosity. It can have far-reaching consequences into adulthood.

Sexuality that has developed in a safe environment is one of the many things that promotes well-being. It offers joy and good self-esteem in many stages of life. Positive body image strengthens throughout development. Sexual development happens step by step, through childhood curiosity, adolescent sensitization, and early adulthood encouragement.

THE STEPS OF SEXUALITY

On **I am wonderful** -step, children see their own bodies as perfect and they are curious. This good body esteem should be strengthened. Parents or guardians can convey their affection toward their children through accepting looks and touches. The appropriate age for the topic is from 0 to 4.

With **Affection for a friend**, children play tag, and that tickle excitingly all over the body. A hug and positive attention are a great joy. The friendship of a playmate feels important and nice. The appropriate age for the topic is from 3 to 8.

On **the Adoring a parent** -step, the hugs, kisses, and comfort from their own parent or guardian make a child feel safe, comforted and good throughout their body. The appropriate age for the topic is from 3 to 9.

On **Loving idols** -step, children find the joy of dreaming. Long-distance crushes can be experienced alone or with friends. The appropriate age for the topic is from 6 to 12.

A nearby secret love is a time for big emotions and controlling the reactions of the body. Adolescent confusion can raise insecurities. Children need a lot of acceptance from their friends and families. The appropriate age for the topic is from 8 to 13.

On **Love disclosed** -step, a friend or a parent/guardian gets to know about a crush. The reaction of a friend or parent/guardian is important. Children or youth try to overcome their insecurities and need accepting and supporting people around them. Youth needs to know that everyone has appeal and one can have a crush on all kinds of people. The appropriate age for the topic is from 9 to 14.

Sending an I like you -message demands a new kind of courage, and often support from family or friends is needed. At the same time, close ones strengthen the adolescent's self-esteem and the adolescent learns to tolerate disappointments. The appropriate age for the topic is from 10 to 15.

On **Holding hands** -step, the tolerance of closeness and distance is learned. The appropriate age for the topic is from 12 to 15.

The steps of sexuality in adulthood are handled later in life.

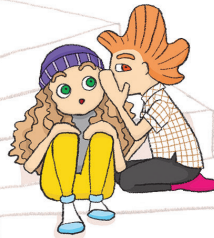
HOLDING HANDS



I LIKE YOU



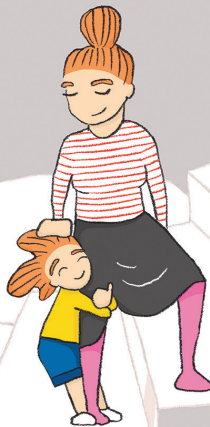
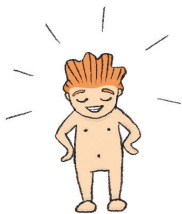
LOVE DISCLOSED



NEARBY
SECRET LOVE



I AM WONDERFUL



AFFECTION
FOR A FRIEND

ADORING A PARENT



LOVING IDOLS

Say
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MATERIAL DEVELOPED IN COLLABORATION WITH THE UNIVERSITY OF TURKU AND EXPERTS:

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