

## BEST PRACTICE MODELS

BEST PRACTICE MODELS for Prevention of Mental Disorders

### [2] Selective Programs

- a) Biological factors
- b) Psychological factors
- c) Social factors
  - i Indigenous families
  - ii Immigrant families
  - iii Children involved with bullying
  - iv Children in out-of-home care

### **[2 c iii ] Children involved with bullying**

Bullying is a systemic problem requiring intervention with the bully, the victim and the system.

Interventions with the bully are:

- to recognize and set limits on the behaviour
- to understand the problems underpinning the behaviour and respond to those
- promote responsible behaviour and concern for others

Interventions with the victim are:

- to establish a trusting relationship with a counsellor
- to improve self-esteem and confidence
- to build friendships with a supportive group
- to develop a constructive coping response

Interventions by the system are:

- Anti-bullying program in school
- Teaching of positive social interactions, pro-social behaviour (Steps to Respect)
- enhanced adult awareness and monitoring

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