Bullying can be stopped with scientific evidence

escrito por Aitor Alzaga | 7 de marzo de 2023



School bullying is a significant phenomenon that does not tolerate experiments or whims. We must know which measures have worked in reducing conflicts in the educational environment. Despite the recent media attention on bullying due to cases like the Sallent twins, we must remember that bullying has been present in many classrooms for quite some time. In light of this situation, the following is a brief explanation of some proven strategies for overcoming bullying.

- First, **scientific evidence shows that suspensions and expulsions of bullies are poor strategies against bullying**. Instead of mitigating problems, these strategies can increase misbehavior and school dropout rates. **Research** indicates that these punishments often focus primarily on the bullies and are generally ineffective. Since bullying affects everyone, it should be addressed collectively.
- In this regard, the second piece of scientific evidence is the **Bystander Intervention**, which has been shown to be a successful anti-bullying strategy. The key is to activate students who witness bullying to intervene and defend the victims. **Research** indicates that the Club of Brave Zero Violence, which includes the perspective of the active bystander, is

an effective technique. It significantly impacts the detection of bullying and improves the well-being of the children involved.

- Third, scientific research on overcoming and preventing school bullying has also highlighted **the value of friendship as a preventive and protective factor against the possibility and risk of being bullied**. A study conducted with children with special educational needs, for example, explains how positive relationships with peers and friendships are particularly important. These relationships help with developmental tasks such as identity formation, social skills development, and self-esteem and autonomy. A recent study also shows the importance of friendships in bullying prevention during the preschool stage.

Linked to this is the need to emphasize the importance of promoting violence-free environments from an early age. Scientific evidence has shown that **a zero-violence climate prevents violence throughout children's lives**. It should be noted that the earlier intervention is carried out against aggressive attitudes, the greater the chances of improving children's behaviors, as demonstrated by successful cases such as **the study on the early childhood education school in Cappont** (Lleida, Catalonia).

In conclusion, I would like to refer to the title of this article, which highlights the importance of considering scientific evidence with social impact on the prevention and overcoming of school bullying. This article explains four pieces of evidence identified in this regard. Therefore, **we must listen to the scientists who have studied this phenomenon because the solution to successfully ending this social problem lies in applying the scientific evidence with social impact that has already**

shown improvements in school coexistence.

[This article has been drafted based on a Twitter thread I created for the #Sciencethon organized by the European Commission-funded project ALLINTERACT (2020-2023). The scientific evidence shared in the article can be found on the citizen platform Adhyayana for scientific evidence in education.]

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