

**PRIVATE HIGHER EDUCATIONAL ESTABLISHMENT  
"KYIV MEDICAL UNIVERSITY"**

**REGULATION  
on combating bullying  
at Kyiv Medical University**

**KYIV – 2022**

## **1. General provisions**

1.1. These Regulations regulate the organization of work on preventing and combating bullying (bullying) at Kyiv Medical University (hereinafter referred to as the University) and are developed in accordance with the current legislation of Ukraine, in particular, the Laws of Ukraine “On Education”, “On Higher Education”, “On Prevention and Combating Domestic Violence”, “On Amendments to Certain Legislative Acts of Ukraine on Combating Bullying (Bullying)” and relevant regulatory documents of the Ministry of Education and Science of Ukraine.

1.2. The main goal of combating bullying is to psychologically and physically support and increase the efficiency of the educational process, to form a negative attitude towards bullying, to protect the psychological health and social well-being of all its participants: higher education students, pedagogical and scientific-pedagogical workers, and other participants in the educational process.

1.3. The main tasks are:

- familiarizing higher education students, other participants in the educational process, and university employees with the concept of bullying, its types and manifestations;
- teaching constructive forms of communication, behavioral reactions;
- removing destructive elements in behavior; creative resolution of conflict situations;
- awareness and acceptance of individual differences;
- development of an adequate level of self-esteem and self-control;
- formation of self-regulation skills, internal affective processes and emotional adequacy in students' contacts with the surrounding world;
- increasing the level of self-awareness of higher education students, other participants in the educational process, university employees, establishing a connection with their own inner "self" and with each other;
- the ability to freely express one's feelings.

## 2. Forms and signs of bullying

*Bullying* is aggressive and extremely unpleasant behavior by one person or group of people towards another person, accompanied by constant physical and psychological impact.

2.1. The following forms of bullying are defined:

- physical bullying - intentional pushing, hitting, kicking, beating, inflicting other bodily harm, various types of bullying, offensive gestures or actions, damage to personal belongings and other actions with property (theft, robbery, hiding the victim's personal belongings), physical humiliation, etc.;

- sexual bullying - means acts of a sexual nature, is difficult to recognize, the victim of sexual bullying is panicky afraid to tell other people about it, closes in on himself, categorically refuses to provide any information, may attempt suicide;

- psychological bullying - violence associated with an effect on the psyche, causing psychological trauma through verbal insults or threats, harassment, intimidation, which deliberately cause emotional insecurity in the victim. Psychological bullying is divided into: verbal bullying - an offensive name that is constantly addressed to the victim, name-calling, spreading offensive rumors, verbal humiliation, boycott and ignoring, intimidation, use of aggressive gestures and intonations of the voice to force the victim to perform certain actions, systematic mockery for any reason;

- cyberbullying is a new form of bullying using electronic means of communication, which includes humiliation and harassment using mobile phones, gadgets , and the Internet.

2.2. Typical signs of bullying are:

- systematicity (repetition) of the action;
- presence of parties – offender ( bullying ), victim ( bullying victim ), observers (if any);

- actions or inaction of the perpetrator, the consequence of which is causing mental and/or physical harm, humiliation, fear, anxiety, subordination of the victim to the interests of the perpetrator, and/or causing social isolation of the victim.

### **3. Main areas of combating bullying**

3.1. Harassment of higher education applicants, other participants in the educational process, and university employees by the surrounding social environment, the so-called bullying, is today one of the most common problems of educational organizations, which significantly increases the risk of suicide among young people; leads to an escalation of aggression and violence in the team, a decrease in academic performance, and emotional and neurotic problems. Prevention of bullying involves work in the following areas:

- familiarizing the teaching staff with the features of the spread of mass negative phenomena among higher education students and the generally accepted concepts of "bullying", "treatment", "harassment" in the world, taking into account the understanding of the problem of violence against higher education students, other participants in the educational process, university employees, and its types (covering materials at department meetings, curatorial hours);
- educational work of psychological service specialists among youth on violence prevention using basic forms of educational work;
- formation of legal awareness and legal behavior of higher education students, other participants in the educational process, university employees, responsibility for their lives, development of activity, independence, and creativity of higher education students, creation of conditions for personal self-realization;
- developing among teachers the skills of identifying violence both in their own behavior and in the behavior of higher education students, other participants in the educational process, and university employees in order to develop the skills to isolate the existing problem;
- creating conditions at the university to prevent bullying and an appropriate environment for preventing and combating the negative social and psychological consequences of this phenomenon;

- strengthening the protective forces of the individual and the body in resisting bullying, both for conditionally healthy students and for those who already have somatic or mental pathology;

- conducting conversations with higher education students to prevent bullying, speeches by leading specialists in the system of preventive work on overcoming various forms of aggressive behavior among adolescents.

3.2. Organization of thematic events and curatorial hours dedicated to: health, healthy lifestyle , personal development, interpersonal communication in order to prevent bullying situations.

3.3. Introducing the case study method (situational method) for the purposes of anti-bullying work. Example: the teacher offers students cases with bullying incidents. The task is for students in groups to write the best ending to the provided scenarios. The work performed is evaluated by the teacher and classmates according to the following criteria: expression of empathy for the victim of bullying in the scenario; suggested strategies for responding to the incident; identified resources for helping and supporting the person; providing realistic strategies to help create an environment that accepts and respects differences.

3.4. Education of students is carried out in accordance with the principles of scientific, systematicity, continuity, conformity to nature , and connection with real life.

#### **4. Procedure for submitting applications for identified or established facts of bullying**

4.1. If a higher education student, another participant in the educational process, or a university employee witnesses bullying, he or she must notify the Vice-Rector for Scientific and Pedagogical, Medical, Educational Work, and International Relations, regardless of whether the victim of bullying has complained to him or not.

4.2. After receiving an appeal from a higher education applicant, another participant in the educational process, or a university employee, the relevant person or body informs

the Vice-Rector for Scientific and Pedagogical, Medical, Educational Work, and International Relations in writing about the case of bullying.

4.3. The notification must be in writing, including using electronic means of communication.

4.4. The Vice-Rector for Scientific and Pedagogical, Medical, Educational Work and International Relations considers the appeal and appoints a commission on the fact of bullying to clarify all the circumstances of the incident.

4.5. If necessary, the Commission may request additional information, as well as seek advice and/or information from the University employees who are disinterested persons in the bullying situation.

4.6. If a complaint regarding the detection of bullying concerns a minor, the Commission must hold meetings with the parents (legal representatives) of the minor.

4.7. If the commission recognizes that this was bullying, and not a one-time conflict, the university rector is obliged to notify the authorized units of the National Police of Ukraine and the Children's Service.

4.8. If the commission has not established the fact of bullying, and the injured party does not agree with this decision, the injured party may directly contact the units of the National Police of Ukraine.