

All students have the right to a safe school environment



NORWAY HAS A SPECIAL LAW FOR CHILDREN IN SCHOOLS. THIS LAW SAYS:

- § You have the right to feel well and safe in your class and at school.
- § You have the right to voice your opinion and be heard. When you tell an adult that you or a friend do not feel well and safe at school, the school has a duty to help!
- § All adults at your school are responsible for helping you and other students get along well. They must clearly say that bullying and harassment is **not** OK!

YOU FEEL BAD AT SCHOOL

- You feel unhappy at school.
- You feel lonely or left out, and you do not feel safe in your class.
- You are being bullied or harassed by one or more students or by an adult at your school.

WHAT CAN YOU DO?

- Tell your parents or other adults you trust how you are feeling. Ask for their help to tell your teacher and the principal/headmaster.
- Your school has a duty to make a plan for what they can do to help you feel well and safe again!
- If this does not help, you and your parents can complain to the County Governor (*Fylkesmannen*). The County Governor is the person who makes sure that the schools in the county are following laws and regulations.

YOU ARE NOT FEELING GOOD AT SCHOOL

- You are starting to feel left out at school.
- You are starting to feel less safe in your class.
- You are starting to be bullied by others and can no longer be yourself.

WHAT CAN YOU DO?

- Tell an adult you trust how you are feeling! This could be a teacher, a school nurse, the principal/headmaster or your parents.
- Adults must help you so that you feel better and can feel safe in your class again.
- If you have experienced bullying or troubling things online, these are just as important to tell adults so that they can help you.

YOU FEEL WELL AND SAFE!

- You have friends.
- You have someone to talk to that you trust.
- You can be yourself, and you feel safe at school and in your class.

WHAT CAN YOU DO?

- Include others when you're playing, and make sure everyone is feeling well and safe!
- Say no to bullying and tell an adult if you see a student who is not doing well.

The traffic light provides you with a plan for what you can do to feel well at school. Read more about your right to a safe school environment at reddbarna.no/skolemiljo

Did you know that there is an Ombudsman for bullying (*mobbeombud*) that you can contact, and who can help you? Find the contact information of your ombudsman at elevombudene.no