

KiVa FAQ

What is KiVa?

KiVa is a research-based tool to prevent and reduce bullying problems. Supporting Years 2-10, KiVa has been proven to make a difference and focuses on teaching our tamariki respect and acceptance of all students, their culture and identity.

What is bullying?

Bullying is defined as harmful, deliberate, and repeated behaviour, targeted towards a person who is perceived as less powerful. Bullying has many negative outcomes and some of these can be lifelong. We know that bullying occurs at all ages and across all areas of society, but often a child's first experience of this behaviour happens in school. According to the OECD, New Zealand is known as one of the worst countries in the world for reported cases of bullying. It is a serious problem for our tamariki, but we can work together to prevent bullying.

KiVa in schools

The KiVa programme consists of 10 lessons and activities conducted over the school year. The lessons incorporate discussions about bullying and respecting others. KiVa is a whole school approach and has three main aspects: **prevention, intervention and monitoring**. The goal of the work done at the classroom level is to educate students about their role in stopping bullying. Putting an end to bullying becomes possible when a shared sense of responsibility is developed and group norms are changed.

The benefits of KiVa

With KiVa's whole school approach, the benefits extend beyond the impacted students to the entire school and the wider community. Students feel more empowered with skills and confidence to address bullying behaviours and the programme promotes respect and a positive peer culture. In New Zealand, over 60 schools and kura currently use KiVa to address bullying behaviour and they have reported a 25% reduction in bullying within the first year alone.

Do you have more questions? Get in touch with one of our KiVa representatives today at kiva@vuw.ac.nz

Reporting bullying in schools

When a student reports bullying, KiVa follows this process:

