



Anti-bullying and Secondary Education Ombudsmen >

Help! I'm being bullied in class, and my school isn't doing anything about it.

Hi! I rarely get to meet my supervisor, and I would like some more feedback.

Great to hear from you!

Read this brochure to find out how we can help. Remember, as a pupil or apprentice in upper secondary school, you have the right to speak up and to be heard.



Message



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Trøndelag fylkeskommune
Trööndelagen fylhkentjelle



The Education Act ensures children and young people's right to a safe and thriving school/work environment. This means that

- you have a right to be part of a school and work environment that promotes health, well-being and learning
- at the same time, schools and workplaces will expect their students to contribute and cooperate in order to ensure a good school environment or a good working environment
- you have a right to express your views freely, including in situations where you are not experiencing a good school/work environment
- you have the right to receive adapted instruction and education, according to your individual needs

Source: Education Act

Although your school and training establishment are responsible, you are encouraged to notify them if you are experiencing problems.

Do you have questions or feel insecure about something?

Contact us if you are experiencing bullying, sexual harassment, hurtful comments or negative social control. You can also get in touch with us if you are feeling lonely, or if there is any other reason you are not happy in school or at your training establishment. We can help, and we have a duty of confidentiality.

Contact us as early as possible – that's usually best!



Read this brochure in
other languages:

العربية
درى

Norsk

Soomaali

Åarjelsaemien

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Українська

Or go to **elot.no**
for more information

You have the right to speak up and be heard!

No problem is too small. No problem is too big. The Anti-bullying and Secondary Education Ombudsman will answer any question, and your questions will be kept confidential.

See examples of problems we have worked with:

Elena is being bullied and harassed in class.

Elena has lived in Norway for three years, and she started upper secondary school this year. Elena is feeling bullied in her new class. People have said hurtful things to her in the classroom, and her teacher has not done anything about it. She is also being excluded from social activities. Elena has spoken to her school about the poor class environment, but nothing has been done. Now she wants to drop out.

Tomas is not receiving any guidance in his training establishment.

Tomas is into his second year as an apprentice in a medium-sized company. In the beginning, his supervisor followed him closely and trained him. Now his supervisor has been out on sick leave, and Tomas has not received any training for a long time. He is not sure what he is supposed to be doing, and he does not know how he is progressing. His apprenticeship examination is drawing near, and Tomas is afraid he will not do well.

Contact Pia or Benthe if you have any questions, or go to **elot.no** for more information.

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