



Stützpunkt
Ukraine



KULTURBÜRO
SACHSEN E.V.

BULLYING

Guidelines

What should you do if you are being bullied?



Introduction

Stützpunkt Ukraine e.V. is a volunteer organization established at the beginning of the extensive Russian war against Ukraine, aiming to provide continuous support to the Ukrainian people, regardless of their location — whether in their homeland or in Germany.

Having access to a target group of migrants and refugees who arrived in Saxony, we witnessed various cases of bullying against refugees in Saxony. Understanding the need for actions, we decided to create a brochure that could be a compass for anyone facing bullying. We reached out to Kulturbüro Sachsen e.V. and together we created this guide. We are also grateful for the prompt response from RAA Sachsen e.V.

We recognize that not everyone is willing to openly share their experiences with the wider public, which is why we conducted an anonymous survey among Ukrainians, confirming the prevalence of bullying and racism in Saxony. Based on this we developed this brochure.

In our brochure you will find useful tips on combating bullying. Only together we can become part of a tolerant society where no one is discriminated.

Crimes under the Criminal Code in Germany

Insult. Resentment.

What is this?

The criminal is, for example, obscene language ("dumme Sau" - in German "stupid pig," "Arschloch" - in German "bastard," "Idiot" - in German "idiot") or statements of false facts that can put a person in a derogatory light ("Sabine kokst schon wieder." - in German "Sabina again uses cocaine"). Resentment can also be caused by an act called "insult by action" (middle finger, spit).

Insults can be reported to the police.

§ 185 "Insult" of the German Criminal Code

Insult is punishable by imprisonment for up to one year or a fine, and if the insult is committed publicly, at the meeting by disseminating data (§ 11 para. 3) or by assault then imprisonment is for up to two years or a fine.

Defamation

What is this?

Defamation is a statement or dissemination of an offensive statement that cannot be reliably proven.

Defamation can be reported to the police.

§ 186 of the German Criminal Code (StGB)

A person who in relation to another person alleges or disseminates a fact that may cause disrespect to him/her or humiliate him/her in the eyes of the public is subject, if such fact is not obviously true, to punishment in the form of imprisonment for up to one year or a fine, and if the crime is committed publicly, at a meeting or by distributing materials (paragraph 3 § 11), - punishment is in the form of imprisonment for up to two years or a fine.

Discrediting

What is this?

Discrediting means that a certain person, contrary to his own convictions, deliberately asserts and spreads false facts about another person which humiliate and discredit this person in public opinion or even endanger his/her reputation.

Discrediting can be reported to the police.

§ 187 Discrediting

A person who, without knowing it, claims or disseminates false facts about another person that may cause disrespect to him/her, humiliate him/her in the eyes of the public or jeopardize his/her reputation, is liable to imprisonment for up to two years or a fine, and if the crime is committed publicly, at a meeting or by distributing content (paragraph 3 § 11), - in the form of imprisonment for up to five years or a fine.

Threat

What is this?

If someone wants to cause physical or financial harm to another person and threatens him/her, for example, with violence, then this is a threat.

Threats can be reported to the police.

§ § 241 Threat StGB

(1) Anyone who threatens another person with the commission of an unlawful act directed against him/her or a person close to him/her against sexual self-determination, physical integrity, personal freedom or against an object of significant value is punishable by imprisonment for up to one year or a fine.

(2) Anyone who threatens another person with a crime directed against him/her or a person close to him/her is punishable by imprisonment for up to two years or a fine.



Property damage

What is this?

This refers mainly to cars (for example, if the symbols on the car are sprayed). In general, cars are no longer allowed on the road if they have deformed body parts in the area of the crumple zone, or a distorted track.

Minor damage such as dents or scratches does not have to be repaired immediately.

You should generally report the damage to the car insurance company.
Photograph the damage!

Vandalism and fire damage should be reported to the police.

You also have the right to contact the police in the event of:

- attack;
- arson

How to apply to the police?

If you believe that a criminal offense has been committed, you can report it to the police or the prosecutor's office. You do not need to prove yourself that this is a criminal offense or conduct an investigation. This is the responsibility of the authorities.

If you want to file a criminal complaint, you have different options. You can apply in person or in writing at any police station. It does not require any costs.

These options are available:

- email;
- fax;
- letter;
- online form;
- by phone;
- directly to the prosecutor's office; usually by letter;
- visit to the police station

If you want to file a complaint, you must provide your full personal data. The address or address to call is also important in order to be able to contact you in case of reverse questions.



It is important to inform the authorities for the disclosure of criminal offenses. Otherwise, many offenses will not become public. If you do not know the name of the offender, you can apply for a stranger.

If you have suffered from a crime, it is important to file a crime report. An application for a crime must be submitted so that the authorities can take action at all. Only after that a trial can be initiated. The authorities are obliged to investigate the crime claim together with the crime claim.

It is important to seek help. One of the places that can be used is the Central Contact Point for victims of right-wing extremism and anti-Semitism.

However, if you do not feel safe and find it difficult to contact the authorities yourself, you can contact counseling centers. There you will be helped to plan your steps, supported in communication and you can also receive help with translation.

No one has the right to insult you! You are not alone, we are with you!

Who will support me if I am attacked?

If you have been physically attacked, threatened or insulted because you come from Ukraine or are Ukrainian, then this is a case of group misanthropy. You can contact counseling centers for victims of radical right violence.

Here you will be helped psychologically to survive the attack, as well as to make a statement about the crime and apply for a criminal case. If it is necessary, consulting centers also organize translation. Consultations are free for you throughout the federal state of Saxony.

Contacts you will find here: <https://www.raa-sachsen.de/support/beratung>



Discrimination according to the General Law on Equal Treatment in Germany

What is discrimination?

Discrimination means that some people treat others poorly because of their group affiliation or other characteristics. This can lead to them being excluded or feeling disrespected.

In this context, the appropriate grounds for discrimination are, for example, a person's ethnic origin, nationality, language, religion, beliefs or social status. Other signs that can be sensitive to discrimination are, for example, gender, non-white skin color, age, disability or sexual orientation.

What rights do I have in case of discrimination?

Since 2006, there has been a separate law, the General Law on Equal Treatment (AGG) which regulates the prohibition of discrimination. This law protects against discrimination in the following categories: race/ethnic origin, gender, sexual identity, age, disability, religion and belief.

If I have suffered from discrimination, I am entitled to claim compensation. However, in such important areas as public authorities, the police, the judicial system or (state) education, the protection against discrimination provided by this law does not apply.

Who can support me if I am discriminated against?

In all regions of Saxony, the Anti-Discrimination Bureau provides support in the form of free consultations.

Link: <https://www.adb-sachsen.de/de/angebote>



School

If my child is bullied or discriminated against at school: Who can I turn to?

The first contact person is the class teacher. In case of incidents, you can contact your child's class teacher in writing (for example, by e-mail) or by phone.

In addition, it makes sense to report the incident to the school social work department. Every school in Saxony has at least one school social worker responsible for all tasks related to the welfare of children and young people in schools. She/he can either support students who have suffered from bullying or discrimination, or work with students who carry out this bullying. Apart from that, school social work supports the school in all matters relating to social interaction in the school.

Each school also has teachers-coordinators whom you and your child can apply to. Teachers-coordinators will help your child better cope with the situation in everyday school life. You can also contact them by email or phone. If you do not know who the teacher-coordinator is, you will be informed at the school office.

If you think that these measures have not led to a proper solution to the problem, you can also contact the school principal. However, before contacting the school principal, you must make sure that you have completed all the previous steps.

As a last resort, if you aren't understood in the school or supported with your problems, you can notify the school supervisory authority and ask him for support. In Saxony it is the State Office for Schools and Education.



In the street or on the tram

If we are attacked, threatened or insulted in a public place, for example, on a crowded street or on a tram, find help and support. Contact passers-by directly: "Sie dort mit der roten Jacke. Bitte helfen Sie mir. Ich werde hier bedroht." - with him. "You are there in a red jacket. Please, help me. I am being threatened here."

Try not to be alone in this situation and motivate people to take your side. If the situation is threatening, encourage other people to call the police.

If you have experienced such a situation and intend to report it to the police, ask passers-by if they can witness the situation. Take the contact details of possible witnesses so that you can report them to the police.

If violence has already occurred, contact the RAA Sachsen e. V. There you can calmly discuss and consider all further steps.

On the Internet

On social networks, you can block other users if you feel they offend or discriminate against you. This is normal and does not mean that you lose freedom of expression. Each platform offers the ability to block other users. You can do this by going to the person's profile and pressing the lock button in the settings.

Often the "attacks" you experience on social networks have nothing to do with you as a person. Instead, the attackers project their own problems and self-doubt onto you. Insults and hatred are often typed faster than pronounced in online disputes. That's not to say the remarks are less dismissive. However, it can help to take a step back and realize that the attacks are not directed against you personally.

More information:

https://www.amadeu-antonio-stiftung.de/wp-content/uploads/2018/12/HateSpeech_Perso%CC%88nlich.pdf

And <https://www.raa-sachsen.de/support/hatespeech>

