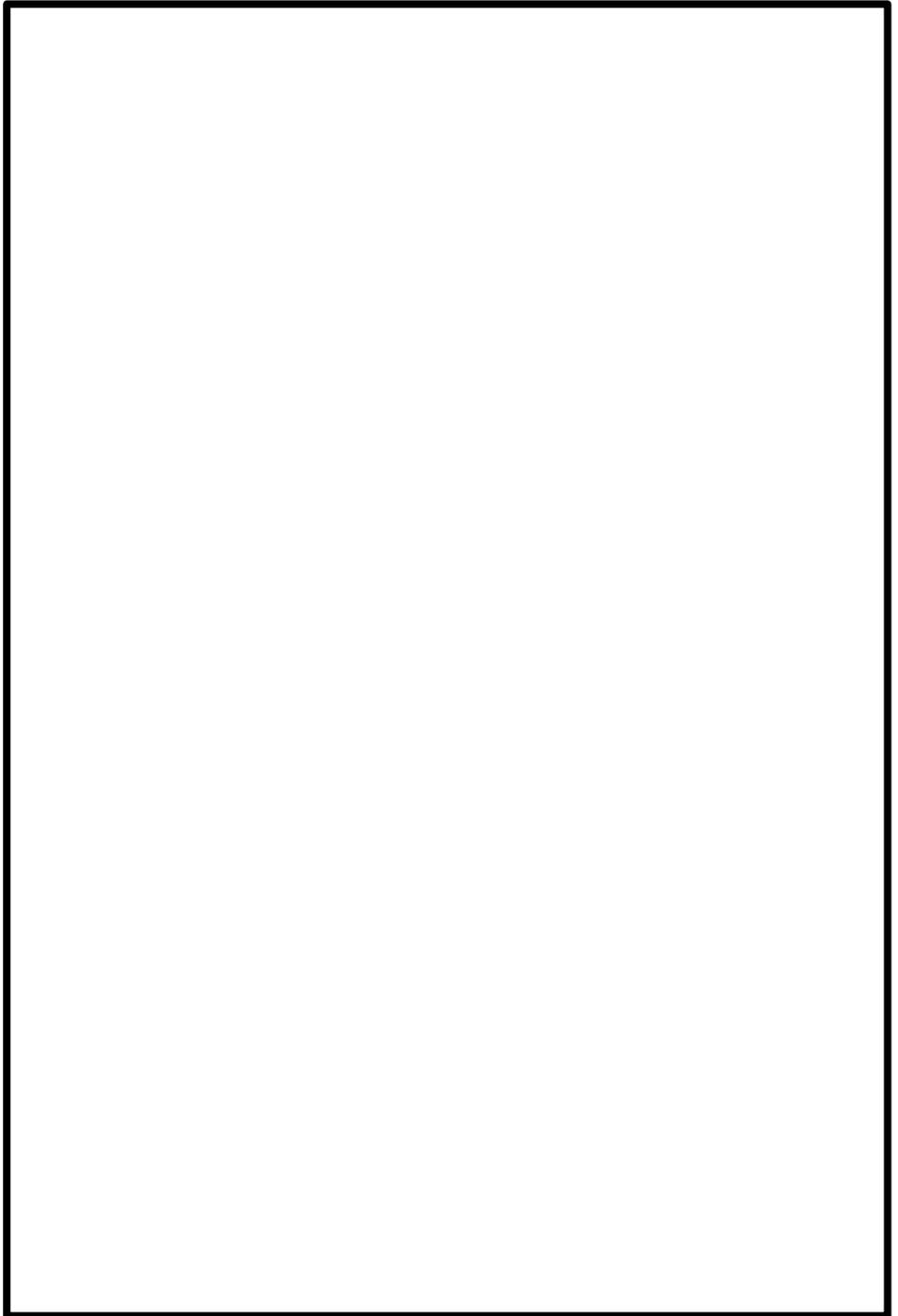
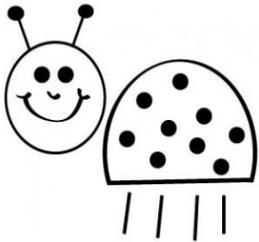


The Debug System

Parent Mini
Guide

The Three
Schools





'Bullying' or 'Bugging'? - Using the 'DEBUG'
System
A Guide for Parents

The **DEBUG** system is a method to equip children with a series of steps they can use to solve problems when another child is 'bugging' them rather than 'bullying' them.

How to Deal with 'Bugging'

The **DEBUG** System assists children in establishing boundaries, becoming assertive and promoting self-management - It is ideal for children in KS1 and KS2.

We can use the acronym, **DEBUG**, to help children remember the following five steps when another child is bothering or 'bugging' them;

Step 1 **D** - **Decide** to ignore.

Step 2 **E** - **Exit**, walk away.

Step 3 **B** - **Be friendly**, use friendly words.

Step 4 **U** - **Use** firm talk (no yelling).

Step 5 **G** - **Get** adult help.

When children are at Step 3 (**B** - **Be friendly**, use friendly words)

Children should consider using the following sentences.

When talking children should use a friendly voice:

- I feel (feeling words) when (what the other person is doing).
- Please (what you want to happen).

When children are at Step 4 (**U** - **Use firm talk**, no yelling)

Children should consider using the following sentences

When talking children should talk firmly (no yelling):

- I really don't like (what the other person is doing!)
- Stop it, right now!

When children are at Step 5 **G** - **Get** adult help.

- These 5 **DEBUG** steps help define an adult's role; children are all made aware they should without any hesitation, consult an adult after they have attempted to resolve their issues with another child using the first 4 steps if they feel they are being 'bugged' or annoyed by another child.
- If children feel at any stage uncomfortable with the 'bugging' they are experiencing or if they feel they need additional support, they are always recommended to move straight to Step 5 to find adult help and support.