1A COUNTRY OVERVIEW

The population of Greece is 10,816,286 (2011 census; Hellenic Statistical Authority), of which 1,576,500 (14.4%) are adolescents aged 11-14 years. The average number of children in household is 0.5 children (2013); 50.3% of Greece’s population is legally married (married, under registered partnership, separated), while 39.1% of the population of the country is single, with single males (at 21.5% of total population) being significantly more numerous than single females. The divorce rate is 1.2/1,000 persons (2010).

The main ethnic groups are Greeks 93.76%, Albanians 4.32%, Bulgarians 0.39%, Romanians 0.23%, Ukrainians 0.18%, Pakistani 0.14%, Russians 0.12%, Georgians 0.12%, Indians 0.09% and others 0.65%. Greece has received a large number of immigrants since the early 1990s. The majority of them come from neighboring countries.

The Economically Active population of Greece amounted to 4,586,636 persons (42.4% of the total resident population), while the Economically Non-Active Population amounted to 6,229,650 persons (57.6% of the total resident population). Out of the total Economically Active Population, 3,727,633 persons are employed and 859,003 persons are unemployed. The total youth unemployment was 58.3% in 2013 for ages 20-24 years out of 1,857,940 population from 15 to 29 years. The Gross domestic product at market prices (2013) was 182,054.2 million Euro, growth rate -3.9%.

1B ADOLESCENT POPULATION

14.4% of Greek population, or 1,576,500 persons are adolescents aged 11-14 years.

As revealed by the HBSC survey (2010-2011 data), Greek preadolescents (11 years olds attending Grade 6) are more satisfied with their life and report better health than their same-aged counterparts in 38 countries. Nonetheless, more Greek preadolescents are overweight/obese, exercise less, and watch many hours of TV, as compared to their counterparts in other countries. Importantly, more Greek pre-adolescents are not satisfied with their school and their relationships with their classmates, as compared to pre-adolescents in other countries.

One in three (32%) Greek early adolescents (13-year olds attending Grade 8/2\textsuperscript{nd} Gymnasium) report at least two psychosomatic problems/symptoms per week (in the last 6 months), which is the 4\textsuperscript{th} highest rate among 38 countries. Half of Greek 13- and 15-year old report being quite or very pressured from school/academics, which is associated with increased psychosomatic problems.

1C EDUCATIONAL SYSTEM AND RELATED COURSES

The Greek educational system consists of Primary education (6 years/grade levels of compulsory attendance) and Secondary education. Secondary education is split in lower secondary (3 years; compulsory) and upper secondary (3 years; non-compulsory). Noteworthy, that 90% of 15-year-old girls and 70% of 15-year-old boys plan to go on to University after secondary education.
IT classes start in first grade. In grade 3 the curriculum accounts for two hours weekly of Information and Communication Technologies classes. Many primary and secondary education teachers follow the ARIADNE program, offered by the Adolescent Health Unit, which trains teachers on adolescent internet use and misuse issues. It is recommended (but not obligatory) that teachers register in the Prevention Observatory on School Violence and Bullying’ platform, and report their students behaviour.

Social and emotional skills are not included in the primary or secondary curricula or do not constitute a separate module, but can be incorporated, based on each school’s discretion, in the Flexible Zone program, which is one hour weekly, and primarily includes health education issues. A one-hour Social Life program was piloted five years ago in grades 3-5 but was never shifted to the standard curriculum.

1D BULLYING PREVALENCE

GRID-1 HBSC/ WHO STUDY, 2010 GREEK DATA SUMMARIZED IN KOKKEVI ET AL, 2012

1. The HBSC/WHO Greek survey measures the frequency and forms of bullying, both as perpetration (participation in bullying others) and as victimization (being bullied) with three questions from the Olweus Bully/Victim Questionnaire
   i. How often have you taken part in bullying another student(s) at school in the past couple of months?
   ii. How often have you been bullied at school in the past couple of months
   iii. How often have you been bullied in the following ways

2. The HBSC questionnaire uses the Olweus definition bullying (verbatim from questionnaire):

   “Bullying is the assertion of interpersonal power through aggression. It has been defined as negative physical or verbal actions that have hostile intent, cause distress to victims, are repeated over time, and involve a power differential between bullies and their victims.

   Here are some questions about bullying. We say that a student is being bullied when another student, or a group of students, say or do nasty and unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she does not like or when he or she is deliberately left out of things. But it is not bullying when two students of about the same strength or power argue or fight. It is also not bullying when a student is teased in a friendly and playful way.

   Note: the word victim is not used and is specifically recommended to be avoided.

   The survey measured the frequency and the forms/types of “being repeatedly bullied”, or “bullying repeatedly”, with repeatedly defined as occurring at least 2-3 times monthly in the last two months (i.e. the two months preceding the questionnaire).
Bullying involvement: data from the 2014 HBSC survey indicates that 7.5% of pre-adolescents and adolescents are involved in bullying (see Table GR1 for details and age breakdowns). Noteworthy, bullying involvement rates have dropped in by half since the previous survey — from 15.8% in 2010 to 7.5% in 2014.

Noteworthy, that data from 4 years ago (2010 data) suggested much higher frequent of participation in bullying across ages:

**8.8% of 11-year-old students**
**15.9% of 13-year-old**
23.4% of 15-year-old

Noteworthy that bullying involvement rates increased significantly between 2002 and 2010 (from 9.1% in 2002 to 15.8% in 2010), but a steep decrease was noted in 2014.

Repeatedly participating in bullying others (at least twice monthly): 7.5% of all surveyed students responded positively in 2014
4% of 11-year-old students
9.6% of 13-year-old
8.8% of 15-year-old

In 2010 more prevalent were the following forms/types of bullying:
verbal bullying: 5.5% of all surveyed students (all three ages)
sexual: 4.4% of all surveyed students
spreading rumors: 3.7% of all surveyed students
cyberbullying: 3.3% of all surveyed students

3. The Health Behavior School Survey (HBSC/WHO) is conducted across 40 countries every four years. This study reports on nationwide cross-sectional surveys within the framework of the World Health Organization's collaborative study, Health Behaviour in School-aged Children (HBSC). Data is collected through anonymous questionnaires self-completed in classrooms. In Greece the questionnaire is administered in school among a nationally representative sample of 4,141 in 2014 in grades 6, 8 and 10, aged 11, 13 and 15 years respectively.

4. The Greek survey is coordinated by the University Mental Health Research Institute and Department of Psychiatry, of Athens University Medical School, and the results (in Greek) are available in their website www.epipsy.gr:

1. The frequency of being a victim, perpetrator or victim/perpetrator was assessed, based on the: 26.4% of the pupils were involved in bullying-related behaviours at least once monthly either as victims, perpetrators or both, while more frequent involvement (at least once weekly) was reported by 4.1%. In detail:
- 7.1% were victims
- 14.6% perpetrators
- 4.7% victim/perpetrator
Psychiatric morbidity was associated with all types of bullying-related behaviours.

2. Bullying was assessed with two questions from the revised Olweus bully/victim questionnaire, which is also used in the WHO survey.

The following introductory definition was used:

"The next questions are about bullying. We say a pupil is being bullied when another pupil, or a group of pupils, say or does nasty and unpleasant things to him or her. It is also bullying when a pupil is teased repeatedly in a way he or she does not like. But it is not bullying when two pupils of about the same strength quarrel or fight”

3. 16-18 years old and attending 10th, 11th and 12th grade in 25 senior high schools in Epirus and Aetoloakarnania were screened and a stratified random sample of 2,427 were selected for a detailed interview. Psychiatric morbidity was also assessed, with a fully structured psychiatric interview, the revised Clinical Interview Schedule (CIS-R). The aim of the study was to investigate the association between bullying and socioeconomic status in a sample of Greek adolescents and to examine whether this is confounded by the presence of psychiatric morbidity, including sub-threshold forms of illness).


This study was part of Epirus School project and was carried out by the Department of Psychiatry of the University of Ioannina School of Medicine, in Ioannina, Greece, which is a public University.
1. The frequency of school **bullying** among Greek primary and secondary school children was investigated by using a translated Greek version of the Olweus Questionnaire. Students were classified as bullies, victims, bully/victims and non-involved, based on two global questions (*How often have you been bullied at school in the last three months?*; and *How often have you taken part in bullying other student(s) at school during the last three months?*). The cutoff point of “**2 to 3 times a month**” was used for prevalence estimation. The type of bullying was also assessed.

Victims: 8.2% reported being bullied  
Bullies: 5.8% admitted bullying others  
Bullies/victims: 1.1%

The number of victims dropped in secondary school, as follows:
Grade 5: Victims: 15%; Bullies: 4.8%; Bullies/Victims: 1.9%  
Grade 6: Victims: 9.1%; Bullies: 6.8%; Bullies/Victims: 0.6%  
Grade 7: Victims: 6.7%; Bullies: 5.3%; Bullies/Victims: 1.2%  
Grade 8: Victims: 5.4%; Bullies: 6.4%; Bullies/Victims: 1%

Name calling (verbal bullying) was the most common type of bullying in both primary and secondary school, reported by 13.8% and 8.5% of children respectively. In secondary school, spreading rumors, social exclusion and sexual bullying were common, reported by 6.5%, 3.5% and 3.2% of students respectively.

2. The Olweus definitions was used and these definitions were included in the questionnaire and were also read out loud by the author. A short discussion coupled with illustrative examples followed to ensure that all students understand the term bullying. Questionnaires were anonymous and immediately sealed in front of the children.

3. A total of 1,758 students, aged 10—14 (grades 5, 6, 7, and 8), from 20 schools in the greater Thessaloniki area self-reported on bullying.


The study was conducted by the University of Warwick, Coventry, UK.

**GRID-4 PATERAKI & HOUNDOUMADI, 2001**

1. This study was the first extensive research to assess the frequency and nature/forms of bullying, victimization (being bullied) and bully/victims with the **Olweus Bully/Victim Questionnaire**, revised by Smith and adapted to the Greek context and language.

Prevalence: Overall, **14.7% of the pupils** were self-identified as **victims**, **6.2% as bullies** and 4.8% as bully/victims at least once a week. No gender differences were found.
Furthermore, there was a tendency for a decrease in the number of victims and bully/victims with increasing age, as follows:
Grade 3: N= 334; Victims: 58 (17.4%); Bullies: 20 (6.0%); Bully/victims: 24 (7.2%)
Grade 4: N= 332; Victims: 55 (16.6%); Bullies: 23 (6.9%); Bully/victims: 16 (4.8%)
Grade 5: N=321; Victims: 39 (12.1%); Bullies: 15 (4.7%); Bully/victims: 15 (4.7%)
Grade 6: N=325; Victims: 41 (12.6%); Bullies: 24 (7.4%); Bully/victims:8 (2.5%)

2. The Olweus definitions of bullying and victimization were used and the standardized instructions and definitions were read out in class by trained research assistants.

3. Using a self-report bullying inventory, the extent and nature of bullying behaviour among primary Greek school children was investigated in a study of 1312 pupils between 8 and 12 years of age, drawn from eight primary schools in the greater Athens area. Questionnaires were administered in class.


This study was carried out by Deree College of the American College of Greece, in Athens, Greece, which is a private University.

1E CYBER BULLYING PREVALENCE

GR1E-1 EU NET ADB STUDY

1. Type of cyberbullying assessed: Victimization. Adolescents 14-17 years old were asked if they were victims of cyberbullying (definition provided- see below) in the past 12 months. The question that followed the definition was: “Has someone acted in this kind of hurtful or nasty way to you in the past 12 months on the Internet?” Response options were “no”, “yes” and “do not know/prefer not to say” (Q43). The question adapted from Q112 of the EU Kids Online II Self-Completion Child 11-16 April 2010.

Victimization Prevalence: 26.8% of Greek adolescents 14-17 years have been bullied on the internet in the past 12 months. This rate of victimization is much higher (more than six times higher) than in EU Kids Online II study (was 4%) and indicates a rapidly growing trend.

2. Definition used: Sometimes children or teenagers can do hurtful or nasty things to someone and this can often be quite a few times on different days over a period of time, for example. This can include: teasing someone in a way this person does not like; spreading false/malicious rumours; sending someone mean or threatening messages; systematically excluding, ignoring, and isolating. When people are hurtful or nasty to someone in this way, it can happen on the internet (e-mail, instant messaging, social networking, chat rooms)."
3. Population: A nationally representative sample of 2,000 grade 9 and 10 students, aged 14-17 years, completed an anonymous questionnaire in school.

4. Reference:


The EU NET ADB research project aimed to augment the knowledge base of the Internet addictive behaviour risk among adolescents in Europe. The participating countries are Greece, Spain, Poland, Germany, Romania, the Netherlands and Iceland. A representative sample of 13,284 adolescents aged 14-17 years who were attending secondary school were surveyed between October 2011 and May 2012. The survey included questions regarding adolescents’ internet access and use; internet addictive behaviour; online communication and social networking; computer gaming and gambling; and other potentially harmful experiences, including cyber-victimization, as well as positive experiences.

<table>
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<th>GR1E-2 EU KIDS ONLINE SURVEY</th>
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1. Type of cyberbullying assessed: online and offline victimization.

**Prevalence:** Greece has been classified as a ‘lower use, lower risk’ country by the EU Kids Online II findings, where lower levels of internet use among children result in lower exposure to online risks. In fact, Greece is also among those countries with the lowest risk encountered online. Namely, 17% of Greek children 11-16 years have being bullied in some way online or offline in the last 12 months; 11% have received sexual messages – slightly below the European average of 15%; and 4% have been bullied on the internet.

2. Definition used for Q112: “Sometimes children or teenagers say or do hurtful or nasty things to someone and this can often be quite a few times on different days over a period of time, for example. This can include:
   - teasing someone in a way this person does not like
   - hitting, kicking or pushing someone around
   - leaving someone out of things
When people are hurtful or nasty to someone in this way, it can happen:
   - face to face (in person)
   - by mobile phones (texts, calls, video clips)
   - on the internet (e-mail, instant messaging, social networking, chatrooms)”

**Questions** following definition:
Q112: Has someone acted in this kind of hurtful or nasty way to you in the PAST 12 MONTHS?
Q113: How often has someone acted in this kind of way towards you in the PAST 12 MONTHS?
Q114: At any time during the last 12 months, has this happened ... ?
Q115: At any time during the last 12 months has this happened on the internet?
Q116 (only answer the question if someone has done nasty or harmful things to you on the internet in the past 12 months): And in which ways has this happened to you in the LAST 12 MONTHS?

Self-completion Questionnaire available online:

http://www.lse.ac.uk/media@lse/research/EUKidsOnline/EU%20Kids%20II%2028-29/Survey/Self-completion%20child%2011-16.pdf

3. Population: A nationally representative sample of 1,000 children 9-16 years were interviewed in their homes.

4. References:


http://eprints.lse.ac.uk/46878/1/_lse.ac.uk_storage_LIBRARY_Secondary_libfile_shared_repository_Content_EU%20Kids%20Online_EU%20Kids%20Online%20national%20perspectives_2014.pdf


http://www.lse.ac.uk/media%40lse/research/EUKidsOnline/EU%20Kids%20II%20(2009-11)/EUKidsOnlineIIReports/D4FullFindings.pdf

The EU Kids Online project (2011-2014) aimed to enhance knowledge of European children’s and parents’ experiences and practices regarding risky and safer use of the internet and new online technologies, and to inform the promotion of a safer online environment for children. The project was funded by the EC Safer Internet Programme (SI-2010-TN-4201001) and coordinated by LSE, London, UK.

GR1E-3 LAZURAS ET AL., 2013

1. Type of cyberbullying assessed: cyber-victimization and awareness of witnessing cyber-bullying against others, and reporting behaviors.

Prevalence: 32% of students reported having either witnessed or experienced cyber-bullying (have been victimized), while 12.5% reported having reported it.

2. Definition used: Not indicated
3. Population: 335 students from two randomly selected secondary schools in Athens and Thessaloniki completed a brief questionnaire in class. The age of the participants was 13-17 years.

4. Reference

Table GR1. Summative table of **bullying** and **cyberbullying** prevalence studies and rates in **GREECE**

<table>
<thead>
<tr>
<th>Study number</th>
<th>Study name</th>
<th>Type of bullying assessed</th>
<th>Reporters/ informants and age for children</th>
<th>Year of data collection</th>
<th>PREVALENCE rates (per type of behaviour assessed)</th>
<th>url and/or reference</th>
</tr>
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<tbody>
<tr>
<td><strong>BULLYING</strong> (offline)</td>
<td></td>
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<td></td>
<td>Magklara et al., 2012</td>
<td>Bullying and Victimization in school (and psychiatric morbidity)</td>
<td>Self-reports of 2427 16-18 years-old students attending 10th, 11th and 12th grade in 25 senior high schools in Epirus and Aetoloakarnania were screened and a stratified random sample was achieved</td>
<td>N.A. (2000)</td>
<td>Victims: 7.1% Perpetrators: 14.6% Victim/perpetrators: 4.7% not involved in bullying-related behaviours: 73.6%</td>
<td>Magklara, K., Skapinakis, P., Gkatsa, T., Bellos, S., Araya, R., Stylianidis, S., &amp; Mavreas, V. (2012). Bullying behaviour in schools, socioeconomic position and psychiatric morbidity: a cross-sectional study in late adolescents in Greece. Child Adolesc Psychiatry Ment Health, 6(8).</td>
</tr>
<tr>
<td>GR 1D-3</td>
<td>Sapouna, 2008</td>
<td>Bullying and Victimization and bully/victim</td>
<td>A total of 1,758 students, aged 10—14 (grades 5, 6, 7, and 8), from 20 schools in the greater Thessaloniki area self-reported on bullying.</td>
<td>Published in 2008</td>
<td><strong>Victims: 8.2%</strong> reported being bullied <strong>Bullies: 5.8%</strong> admitted bullying others <strong>Bullies/ victims: 1.1%</strong></td>
<td>Sapouna, M. (2008). Bullying in Greek primary and secondary schools. <em>School Psychology International</em>, 29(2), 199-213.</td>
</tr>
<tr>
<td>GR 1D-4</td>
<td>Pateraki &amp; Houndoumadi, 2001</td>
<td>Bullying and Victimization and bully/victim mixed type</td>
<td>Self-reports of 1312 pupils between 8 and 12 years of age</td>
<td>1999-2000</td>
<td>14.7% of the pupils were self-identified as victims, 6.2% as bullies and 4.8% as bully/victims. In Grade 6: N=325; Victims: 41 (12.6%); Bullies: 24 (7.4%); Bully/victims:8 (2.5%)</td>
<td>Houndoumadi, A., &amp; Pateraki, L. (2001). Bullying and bullies in Greek elementary schools: Pupils' attitudes and teachers'/parents' awareness. Educational Review, 53 (1), 19-26.</td>
</tr>
<tr>
<td>GR 1E-1</td>
<td>EU NET ADB study</td>
<td>Victimization online</td>
<td>Self-reports of 2,000 students aged 14-17 years. Class-based data collection.</td>
<td>2011-2</td>
<td>26.8% of Greek adolescents 14-17 years have been bullied on the internet in the past 12 months by country</td>
<td>Tsitsika, J., Janikian, T., Tzavela, E., et al., 2013. Cyberbullying and offline bullying: Preliminary findings from the EU Kids Online network (2012) EU Kids Online: national perspectives. EU Kids Online, The London School of Economics and Political Science, London, UK. Available at: <a href="http://eprints.lse.ac.uk/46878/1/__lse.ac.uk_storage_LIBRARY_Sec_Online/1416174.pdf">http://eprints.lse.ac.uk/46878/1/__lse.ac.uk_storage_LIBRARY_Sec_Online/1416174.pdf</a></td>
</tr>
<tr>
<td>GR 1E-2</td>
<td>EU KIDS Online</td>
<td>Bullying online and offline and Victimization</td>
<td>Home-based interviews with 1,000 children 9-16 years</td>
<td>2010-1</td>
<td>4% of Greek children 11-16 years-old have been bullied on the internet</td>
<td>Haddon, L., Livingstone, S., &amp; the EU Kids Online network (2012) EU Kids Online: national perspectives. EU Kids Online, The London School of Economics and Political Science, London, UK. Available at: <a href="http://www.eunetadb.eu/files/docs/Qualitative_Report_D6.pdf">http://www.eunetadb.eu/files/docs/Qualitative_Report_D6.pdf</a></td>
</tr>
<tr>
<td>GR 1E-3</td>
<td>Lazuras et al, 2013</td>
<td>Cyber-victimization and witnessing cyber-bullying</td>
<td>335 students from two randomly selected secondary schools in Athens and Thessaloniki. The age of the participants was 13-17 years.</td>
<td>2010-1</td>
<td>32% of students reported having either witnessed or experienced cyber-bullying (have been victimized)</td>
<td>Lazuras, L., Barkoukis, V., Ouda, D., &amp; Tsebratgoudis, H. (2013). A process model of cyberbullying in adolescence. Computers in Human Behavior, 29(3), 881-887.</td>
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