

Skyfritt – inclusive childhood environment in Bergen

Skyfritt is the Municipality of Bergen's plan for an inclusive and good childhood environment. The objective is to prevent the exposure of children and youths to bullying or offensive behaviour from other children, youths or adults.

The plan has been called 'Skyfritt' (no dark clouds) **because no child or youth should ever feel a dark cloud hanging over them.** We want every child growing up in Bergen to be content and have the opportunity to develop and feel included.

Through Skyfritt, the Municipality shall strengthen efforts on preventing, detecting and handling bullying at kindergartens, schools and extracurricular activity clubs.

Important role of adults

Our children and youths shall encounter adults who have the ability to see and include everyone, regardless of whether they are playing at kindergarten, in the classroom, during extracurricular activities at a before and after school club, music lessons at Bergen Culture School or on the football pitch.

It is always the responsibility of the adult to create a safe and good play, learning and extracurricular environment.

The key is a good childhood environment.

How can we reduce bullying and offensive behaviour? There is no simple answer to this, but we do know that the creation of a good and safe environment for our children is central.

Skyfritt contains eight different strategies for ensuring a good childhood environment. Read more about the strategies [here](#).

The objective of Skyfritt is that children, youths and parents/guardians shall:

- feel they are being heard and taken seriously, and receive help when bullied or subjected to offensive behaviour;
- know who they can contact to get help and support;
- know what they can expect and demand from kindergartens, schools and leaders of extracurricular activity clubs.

Kindergarten staff, school staff and leaders of extracurricular activity clubs shall feel they are supported, and receive guidance and competence enhancement, so they can be best equipped to take care of our own and the future of our children.

