

## Information Sheet on Equal Treatment

### Who should I talk to?

If you, as a student, are not feeling well, do not feel safe, or would feel bullied, offended, or discriminated against, talk to your teacher, the school counselor, or the education manager, Katarina Einald. It is important that we at the school know what has happened so that we can help you in the best way possible.

Education Manager: Katarina Einald – [katarina.einald@sundbyberg.fhsk.se](mailto:katarina.einald@sundbyberg.fhsk.se)

Counselor: Lotta Lindqvist – [lotta.lindqvist@sundbyberg.fhsk.se](mailto:lotta.lindqvist@sundbyberg.fhsk.se)

The school's Equal Treatment Plan is available on your Moodle page.

### Glossary

#### Bullying

Bullying involves one or more individuals being subjected to systematic harassment within a social group. It can include mean words, whispers, violence, threats of violence, or exclusion and can occur in a workplace or school, for example.

#### Offense

Offensive treatment can include derogatory words, spreading rumors, ridicule, or physical actions such as hitting, kicking, and pushing. It can also involve exclusion or threats. Offensive treatment can also occur digitally, for example, on social media.

#### Discrimination

Discrimination means being treated worse than someone else based on factors such as ethnicity, religion, or any of the other grounds for discrimination.

There are seven grounds for discrimination:

- Gender
- Gender identity or expression
- Ethnicity
- Religion or belief
- Disability
- Sexual orientation
- Age