

## **Provincial Bullying Prevention Week November 20th-26th , 2016**

All students have the right to come to a school where they feel safe and respected. Over the next weeks classes will be focusing on character development and learning more about how we can become caring citizens. To honour the spirit and intention of this province-wide awareness campaign, we encourage parents to take a moment to talk to their children about bullying:

**Bullying is typically a form of repeated, persistent, and aggressive behavior directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem, or reputation. Bullying occurs in a context where there is a real or perceived power imbalance.**

Students may attain or maintain power over others in the school through real or perceived differences. Some areas of difference may be size, strength, age, intelligence, economic status, social status, solidarity of peer group, religion, ethnicity, disability, need for special education, sexual orientation, family circumstances, gender, and race.

Bullying is a dynamic of unhealthy interaction that can take many forms. It can be:

- ☐ **physical** (e.g., hitting, pushing, tripping);
- ☐ **verbal** (e.g., name calling, mocking, or making sexist, racist, or homophobic comments);
- ☐ **social** (e.g., excluding others from a group, spreading gossip or rumours);
- ☐ **through the use of technology** (e.g., spreading rumours, images, or hurtful comments through the use of e-mail, cell phones, text messaging, Internet websites, or other technology).

If your child is being picked on by a bully, here are some Do's and Don'ts to help you **work with your child**:

- **Don't advise your child to get into a fight** or to try to retaliate in other ways. Never tell your child to hit them back or to call the person names back.
- Don't believe the insults about you and don't believe that you deserve to be picked on. Reassure your **child that they are valued and deserve to be respected and safe!**
- Don't think that they bullying will stop if you ignore it.
- **Don't advise your child "not to tattle"**. It is important to report this to a caring adult!
- **Do contact your child's teacher or the school to get help!**
- Do write down how you feel. (Make sure you gather all of the information from your child.)
- Do say and believe good things about yourself.
- Do speak confidently when you tell the bully to leave you alone or not to touch you!
- Do work on developing a good relationship with a friend, caring adult or classmate.
- Do walk or run away from the bully.

Parents can help to deal with bullying by:

1. Making sure you know the policies and have **open dialogue with your children** about what is happening at school, on the bus, and online. Listen and observe!
2. **Work in partnership with the school...be proactive** and call when you have questions and concerns rather than being reactive and calling after you have had several incidents reported to you by your child.
3. **Encourage positive behavior**, value differences, and promote sensitivity towards others with your child.
4. **Discuss regularly with your child about their feelings** about school work, friendships, relationships and their day!
5. **Inform the school of changes in your child's behavior** or circumstances that might affect their behavior or moods/feelings.
6. **Contact the school if bullying has occurred.**

Take the **ANTI-BULLYING PLEDGE:**

**We agree to join together to stamp out bullying at our school. We believe that everybody should enjoy our school equally and feel safe, secure and accepted regardless of colour, race, gender, popularity, athletic ability, intelligence, religion, and nationality.**

**Bullying can be pushing, shoving, hitting and spitting, as well as name calling, picking on, making fun of, laughing at, and excluding someone. It can happen at school, on the bus or online. It can be verbal, physical or written bullying. Bullying causes pain and stress to victims and is never justified or excusable as “kids being kids”, “just teasing”, “just joking” or any other rationalization. The victim is never responsible for being the target of bullying and we all have a responsibility to stop it. We will not be the bullies. We will not allow ourselves to be bullied. We will not be bystanders and we WILL intervene to support one another!**

**By signing this pledge, we the students agree to:**

1. Value student differences and treat ALL others with respect.
2. Not become involved in bullying incidents or be a bully.
3. Be aware of the school's policies and support systems with regard to bullying.
4. Report honestly and immediately all incidents of bullying to an adult at school.
5. Support students who have been or are subjected to bullying. Don't be a bystander.
6. Talk to your teachers and parents about your questions and concerns.
7. Work with other students and staff to help solve incidents of bullying.
8. Participate actively in all discussions about bullying and share your ideas and solutions.
9. Be a good role model for younger students and support them if bullying occurs.
10. Be confident about my role and responsibility in stopping bullying so that our school will continue to be a great place to learn and grow.

**I acknowledge that whether I am being the bully or see someone being bullied, if I don't report or stop the bullying, I am just as guilty. I will also remember that we all deserve to be treated with respect and no one deserves to be bullied! We will work together to make sure everyone feels safe and respected!**