



BULLYING

Much attention has been given in the media to the problem of bullying. We want you to know that we take it seriously and have a multipronged plan for prevention and intervention.

What is bullying?

Not all negative interactions between children are bullying. Bullying has three components:

- ❖ repeated pattern of negative behavior,
- ❖ intent to cause harm, and
- ❖ imbalance of power (real or perceived)

“Bullying is when someone repeatedly, and on purpose, says or does mean and hurtful things to another person who has a hard time defending himself or herself.”

Olweus Bullying Prevention Program

Bullying can encompass a number of actions including verbal (name calling, teasing, harassment, intimidation) relational (spreading rumors, isolation, breaking up friendships etc.), physical harassment, cyberbullying, extortion and stealing.

Why do people bully?

There is no one simple reason that a person chooses to bully. Some reasons may be that: they have been bullied, they gain a sense of empowerment, they falsely believe that it gains them respect or friends, or they are experimenting with this behavior.

What is my school doing to PREVENT bullying ?

- ❖ **Classroom guidance** sessions educating students about what bullying is and what they can do if they are targeted or a witness to such behavior.
- ❖ **Second Step Violence Prevention Curriculum** is being taught by classroom teachers in grades Kindergarten, 1, 2, 4, 6, 7 and 8 throughout the county.

- ❖ **School-wide character education** emphasis and programs such as the Six Pillars of Character and Bucket Fillers
- ❖ **Small group counseling** that help children develop pro-social skills.
- ❖ **Mediation** services that are available to all students.
- ❖ **Adult supervision** of students in the cafeteria, hallways, bathrooms and on the playground

What can I do if I suspect a child is being targeted ?

- ❖ First and foremost CONTACT the school. We have a well-defined plan that involves investigation, intervention, working with families and remediation.

Remember, any child can exhibit bully behaviors. It is our belief that with intervention, and parent support, students can learn positive ways of interaction and assertion. With your help we can keep our school a safe and positive place to learn.

Useful websites for parents:

www.nasponline.org/resources/factsheets/bullying_fs.aspx

www.stopbullying.gov

www.backoffbully.com

www.eyesonbullying.org

www.kidshealth.org

Go to "Parents" section then search "bullying" numerous articles