

How to Help...

If a child comes to you for advice, he or she may need reassurance, as well as, practical advice. Use your judgment about the circumstances, and get as many details as you can. Here are some things you can say:

If the child is being bullied (victim):

- ◆ “Stay calm, try to show you won’t get upset. Anger can make things worse.”
- ◆ “As soon as you get bullied, find an adult you trust and tell them what happened. It is your right to be safe.”
- ◆ “If you are afraid to tell an adult, ask a friend to go with you.”
- ◆ “Stay close to friends or children you know will stick up for you.”
- ◆ “If bullying continues, walk away and join other children or ask someone for help.”

Assurances you can give children:

- ◆ “Despite how it seems, it is not a hopeless situation. Something will be done to stop the bullying, I will help you.”
- ◆ “There is always someone who you can talk to about bullying, whether it’s me or another adult/teacher at school.”

If the child sees someone else being bullied:

- ◆ “Remember, if you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem.”
- ◆ “Speak out. You can help by telling the bully to stop—nobody deserves to be bullied.”
- ◆ If you are afraid to speak out alone, ask a friend or many friends to do it with you.”
- ◆ “Comfort the person who was hurt. Tell them they do not deserve what happened.”
- ◆ “If you are afraid or telling them does not work, find an adult you trust to help you.”
- ◆ “Help children who are bullied. Invite them to participate in your school activities. This will help them feel like they are not alone.”

The Path to End Bullying...

Intervention is a key part of stopping the bullying cycle.

Peers and adults who witness bullying behavior can intervene to help the victim. Canadian studies on peer intervention reveal that only a small number of elementary and middle school students attempted to stop bullying incidents. Adult intervention rates are similarly as low, often because they are not present when the bullying occurs.

At Glen Falls we are committed to end bullying. This will be a long process and we are asking for help from our parents and community. If we have a common definition of what bullying is VS conflict, and consistently deal with bullying behavior in the same way, it will end with the best results. Our children deserve to feel safe and be safe at school and in their community.

2012-2013

School wide initiatives:

- ◆ Acts of Kindness
- ◆ Character building on respect, empathy, and respecting diversity.
- ◆ School wide education of all students on understanding bullying.
- ◆ “Shooting for the Stars” student motto
- ◆ Peer helpers
- ◆ Peer mediation
- ◆ Positive Intervention Room (to further educate on bullying.)

Special Events:

Paul Benke—“The Bully in the Purple Pants” presentation late September early October (Parents welcome to attend.)

Anti-Bully Week Sept. 24–28th, 2012

Blue Day activities scheduled on December 17th, 2012

Pink Day activities scheduled February 27th, 2013

Credits: District 8 guidance 2011-2012; www.bullyingcanada.ca; www.healthycanadians.gc.ca

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Glen Falls School

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▶ Understanding Bullying



Vision

‘To provide students with essential knowledge and skills to become the leaders of tomorrow’



What is bullying?

Bullying is defined as **willful, repeated aggressive behavior with negative intent used by a child to maintain power over another child.**

- ◆ Unequal power—One child has more power than another child (or it seems this way to the children involved)
- ◆ Hurtful actions—Physically or psychologically harmful behavior takes place (such as name calling, insults, threats, kicking, punching, stealing, shoving, etc.)
- ◆ Direct or indirect actions— The abusive behavior may be face-to-face or done behind a child's back (such as teasing, internet, exclusion, gossiping and spreading rumors).
- ◆ Repetitive behavior—The hurtful actions keep happening, so the child being affected finds it increasingly difficult to escape.

All adults, including parents, should talk openly about bullying with the children in their care, and should be prepared to deal directly with any problems that arise, whether at school, among groups of friends, or in other social situations.

The cycle of bullying starts between the **ages of 4-11** when children are forming their own social identities at school and through other activities. No matter when it starts it is important to remember that **bullying is not a normal part of growing up.** It needs to be dealt with directly by adults who are willing to recognize there is a problem and take the necessary steps to help stop it.

Parents' Role

Bullying is a problem youth can't always solve on their own. In most cases, it requires only a few minutes of intervention to stop, especially when adults act immediately and in a consistent manner. If you are present when bullying occurs, talk to those who are being aggressive. Explain the hurt they are causing and have them make amends to those who were harmed. This can break the cycle.

Set an example...Always consider how you treat others and how you allow others to treat you. As a role model, your actions

Bullying OR Conflict?

The first thing we can do is educate our children about the difference between bullying and conflict. **Bullying** is chronic and happens almost everyday. **Conflict** is a problem that happens less often and once addressed, stops.

Example: name calling. If your child(ren) is being called a name they should be encouraged to address the name caller and firmly ask them to stop. "I don't like it when you call me ____, Please stop." Your child should be encouraged to ignore the behavior and/or to choose not to play with that person.

If they try to stop it on their own and the behavior continues, it is becoming bullying and then they should ask for help from a teacher, counselor, principal, parent, or an adult they trust.

Parents are the best role model for their child and can encourage them to tell when they need help. We as a community can help if we know it is happening. Children are often scared to tell because they think it will get worse.

As a parent you can help your child develop a positive self esteem and resiliency skills such as:

- ⇒ Standing up for yourself and being proud of it
- ⇒ Not believing negative things that others say
- ⇒ Ignoring or not playing with offenders
- ⇒ Use of humour
- ⇒ Good manners



"Some people won't be happy until they've pushed you to the ground. What you have to do is have the courage to stand your ground and not give them the time of day. Hold on to your power and never give it away." — Donna Schoenrock

Roles of Bullying Situations

In any bullying situation there are 3 roles: Victim, Bystander, and Bully.

Tips on how children can deal with the situation as the **victim**:

- ◆ Walk away
- ◆ Tell someone you trust
- ◆ Take the initiative to get help
- ◆ Use compliments to distract the bully
- ◆ Stay in groups to avoid confrontation
- ◆ Use humour to deflect the situation
- ◆ Never let the bully see you sweat
- ◆ Practice self-affirmation (EX: I'm a nice person)

Tips on how children can deal with the situation as the **bystander**:

Instead of ignoring a bullying incident try the following:

- ◆ Tell a teacher (principal) or other staff
- ◆ Move toward, or next to, the victim
- ◆ Use your voice to say "stop"
- ◆ Befriend the victim
- ◆ Lead the victim away from the situation

Tips on how children can deal with the situation as the **bully**:

- ◆ Talk to a teacher/counselor
- ◆ Put yourself in their shoes
- ◆ Stop the cycle
- ◆ Think before you act

