

- Explain to your child that this behaviour is unacceptable. It is not a joke. It is not funny.
- Provide effective, non-violent consequences for your child's actions.
- Help and expect your child to understand how to fix the damage, and change the behaviour and underlying beliefs.
- Increase supervision, establish reasonable rules and curfews, and decrease your child's exposure to violent television, video games and music.
- Increase your child's awareness of social justice issues and principles by discussing global examples of misuse of power and control and identifying bullying in the world.
- Teach your child to value diversity.
- Monitor your child's use of social media: keep computers in public view at home.
- Seek help from the school's counsellor or similar community resources.



### How will the school respond?

Bullying is a serious breach of the district code of conduct, and as such, school personnel will follow up immediately if you report your child is being bullied, has witnessed bullying, or has bullied someone else. The school administration will investigate the matter, in a way that minimizes the possibility of your child being threatened or facing reprisals for reporting the bullying. The school administration will then take appropriate steps, such as issuing consequences to the bully, ensuring the individuals involved receive the support they need, and reinforcing the anti-bullying message.

### Consequences

When determining consequences, and in compliance with Delta School District Administrative Procedure 350, consideration is given to the maturity as well as the intellectual, social and emotional capacity of the student along with the severity and frequency of the misbehaviour.

Consequences should where appropriate, follow District procedures and will:

- Be thoughtful, consistent and fair
- Seek to prevent a recurrence of the offense
- Teach acceptable social behaviour rather than be

### More Information

Contact your school principal or vice-principal.

Administrative Procedure 350 - [http://web.deltasd.bc.ca/files/1122\\_\\_procedure350.pdf](http://web.deltasd.bc.ca/files/1122__procedure350.pdf)

District/School Code of Conduct - [http://web.deltasd.bc.ca/files/1122\\_\\_procedure 350.pdf](http://web.deltasd.bc.ca/files/1122__procedure 350.pdf) (Appendix A)

You will also find useful information for parents about bullying on the Ministry of Education website at [www.edu.gov.on.ca/eng/parents/bullying.html](http://www.edu.gov.on.ca/eng/parents/bullying.html)

# UNDERSTANDING BULLYING & INTERVENTION PLAN



*“everyone has the right to feel safe at school”*



## What Is Bullying

Bullying is a problem encountered in society everyday. Sometimes, this behaviour spills over into the classroom and onto school grounds. Although conflict is a normal part of interacting with one another, bullying is not the result of normal conflict.

**It is NEVER acceptable.**

### Bullying can be defined in this way:

- Bullying is a deliberate, targeted act
- There is an intent to harm
- It is persistent and repeated over time
- Involves one child exercising power over another
- Often occurs in the presence of others

Where bullying is based on race, gender, creed, or sexual orientation, it is a form of discrimination.

### Why be concerned about bullying?

Being bullied compromises people's sense of safety and security. It creates anxiety, fear, frustration and distraction for all involved, including the person being bullied and people who may witness the bullying. Being bullied repeatedly affects concentration, sleep, learning, social interaction and physical health, as well as behaviour and self-esteem. Bullying can result in depression and in some cases even suicide. We also know that bullies themselves may at some time have been bullied or witnessed bullying. Not only does bullying cause harm to individuals and groups, it also prevents us from building a society that respects the dignity of all humans.

1

#### What can parents do if their child is being bullied?

A child who is being bullied needs to hear the following messages:

- I hear you and believe you.
- We will work together to solve this problem.
- This is not your fault.
- Report the bullying.

2

#### Report the bullying

to school personnel immediately if it happens at school or involves a student from the school. Report it to coaches or group leaders if it is happening in a sports or social grouping. They need facts - the dates, times, places, students involved, students who may have seen or heard it, specifics about the incident and the impact on your child.

3

#### What if your child has witnessed bullying?

In most bullying incidents, witnesses are present, so there is a good chance your child has seen and heard bullying. Encourage your child to walk away and report bullying. Teach your children that there is a difference between tattling, which is just to get someone in trouble, and reporting, which is to get someone help. Help your child feel comfortable telling you about bullying.

## Types Of Bullying

**Physical bullying** includes pushing, tripping, restraining, spitting, hitting, blocking the path of another person, not allowing an individual to walk or sit in certain areas, and theft of money or possessions.

**Verbal bullying** includes name calling, insults, threats or slurs, disrespectful, demeaning or untrue statements about individuals, their friends or family, and spreading of rumours or personal information.

**Social bullying** involves excluding an individual from activities or information, or agreeing with others to shut out or alienate one individual. It often includes forms of verbal and physical bullying, in that it can involve spreading rumours to alienate the individual, or even threatening friends into ending the relationship, sometimes to the point of having them join in the bullying. Because girls tend to use verbal and social bullying, they are sometimes overlooked as possible bullies. In fact, both boys and girls do bully, and in ways that can cause long-lasting emotional harm.

**Cyber bullying** involves the use of cell phones, instant messaging, email, chat rooms or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone.

## Did You Know ...?

- Bullies have little empathy for others.
- Children learn to bully from the examples set by parents, other adults and those around them.
- Most bullying is not reported.
- Bullying occurs in all social classes.
- Older children can be bullied by younger children in situations where there is an unequal level of power, influence, status, skill or support.
- Bullies are four times more likely to commit a criminal act.
- Bullying is harassment. It is against the law, and a breach of the school's code of conduct.

### How can parents tell if a child is being bullied?

- If your child tells you about the same individual "bothering" him frequently, try to find out more about the circumstances.
- Changes in your child's habits, such as suddenly being unwilling to go places or to do things he/she usually does, can be your child's way of trying to avoid a bully.
- Increased irritability, lack of sleep and nightmares.
  - Lost or damaged clothing or possessions, although part of life at times, can be a signal of bullying if the explanation doesn't match the degree of loss or damage, or if it becomes a frequent event.
  - Falling grades, depression/anxiety and stomach aches may be linked to distress. Talk to the school where marks are affected, and to your child's doctor in the case of depression or stomach problems.

