

WHAT CAN WE DO?

- ❖ Adults need to be working together as a school, community, and parents.
- ❖ Children need to be meaningful participants.
- ❖ Acknowledge your child's feelings and help them in problem solving.
- ❖ Teach your child to self-advocate.
- ❖ Teach children to recognize feelings in themselves and others, regulate their emotions, and respond appropriately.
- ❖ Teach and encourage children to report bullying whether they are a target or a bystander.
- ❖ Teach children when to "mind their own business" and when to get involved.
- ❖ Teach and model the benefit and appreciation of diversity and differences.
- ❖ Be open to helping your child learn better ways to interact if he or she is engaging in unkind behavior toward others.
- ❖ Teach assertive communication skills (Rather than Passive or Aggressive Styles).
- ❖ Teach children to ignore, walk away, and not engage with a bully when they can. If they must engage with a bully use only "good words", i.e. "please stop, I do not like what you are saying."
- ❖ Role-play with children appropriate words to use with difficult peers.
- ❖ Help children establish high-quality friendships.
- ❖ Involve children in extra-curricular activities where they can enhance pro-social skills and build connections.

The Basics of Bullying and Olweus Bullying Prevention Program

Bullying is when a student when he or she is exposed repeatedly and over time to purposeful negative actions on the part of one or more students. Bullying implies that there is an imbalance of power.

There are 4 different types of bullying: Verbal, Physical, Emotional/Social, and Cyber-bullying.

Olweus Bullying Prevention Program:

Olweus Bullying Prevention Program is a systemic and research based program designed to improve the culture of schools to ensure that ALL students feel safe and have an equal opportunity to succeed.

Olweus Program Components:

- Posting of school and community expectations.
- Opportunities for students to learn how to intervene when they see someone being bullied.
- Support for the students who are the targets of bullying.
- Intervention for the students who bully others.
- A system of identification, documentation, and tracking of bullying incidents.

Interventions:

School Level

- *A collective commitment* by the administrators, faculty, staff, parents, and students to the responsibility of implementation.
- The development of attitudes and norms that decrease the extent of the problem.
- Supervision in high density/unstructured areas and times.
- Class meetings.
- Honoring positive and healthy behaviors through reinforcement and school wide programs like; pillars of character.
- Consistent follow through with interventions and consequences.

Classroom Level

- Cultivate positive and safe learning environment.
- Posting of the school and community expectations.
- Teacher led regular class meetings.
- Taking advantage of “teachable moments”.
- “On the spot” interventions to bullying.

Individual Level

- Provide interventions and support to the target and bully in manner that respects the privacy and dignity of all students.
- Educate and affirm the bystander.
- Parent contact depending on the severity of the situation.

