



TIPS FOR PARENTS

- ◆ Acknowledge your child's feelings and help them in problem solving.
- ◆ Teach your child to self-advocate.
- ◆ Differentiate for your child between tattling and reporting. Teach children to get involved when someone cannot stand up for him or herself or might be in harm's way.
- ◆ 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.
- ◆ Help children establish high-quality friendships.
- ◆ Involve children in extra-curricular activities where they can enhance pro-social skills and build connections.
- ◆ Stay involved in all aspects of your child's life. Ask questions.

Our Olweus Promise:

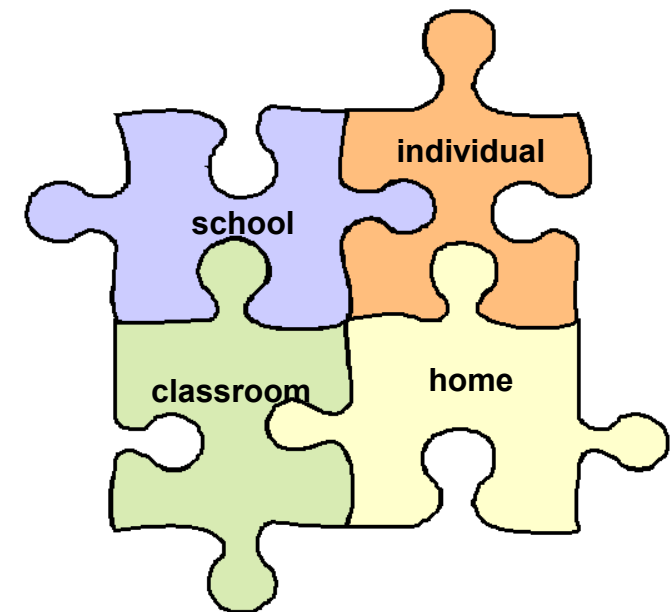
- ◆ I will be respectful and will not bully, tease, put down or pick on others.
- ◆ I will try to help students who are being bullied, teased, put down, or picked on.
- ◆ I will make it a point to include students who are left out.
- ◆ If I know that someone is being bullied, teased, put down or picked on, I will tell an adult.
- ◆ If someone is bullying, teasing, putting down, or picking on me, I will ask them to stop. If they do not stop, I will get help from an adult.

Every One becomes the Defender of the Target

Every ONE has the Power to Stop Bullying

**Great Valley School District
47 Church Road
Malvern, Pa 19355**

OLWEUS BULLYING PREVENTION PROGRAM



**Charlestown
Elementary School
2060 Charlestown Road
Malvern, PA 19355**

610-935-1555

Overview of the Olweus Program

- ♦ The Olweus (pronounced ohl-vay'-us) Bullying Prevention Program is a research-based program.
- ♦ A positive and consistent community-wide effort focusing on individual, classroom, and community level interventions.
- ♦ Each building has established a core team of teachers and staff to work toward implementation of the program.
- ♦ Each classroom will hold weekly "classroom meetings" to proactively teach skills for bullying prevention as well as to reactively address issues within the classroom or school community.
- ♦ An Olweus Incident Report form will be used to respond to and track incidences of bullying or potential bullying. This form is available for students, staff, and parents to complete and can be found on-line on the school website.
- ♦ Each elementary school will have a positive community-wide reinforcement system.

Common Language Olweus Terms and Definitions

Bullying Defined:

- ♦ A student is being bullied when he or she is exposed repeatedly and over time to purposeful negative actions on the part of one or more students.
- ♦ Bullying also implies an imbalance of power or strength.
- ♦ Bullying is not rough play or a conflict between two students.

Bully (instigator) Someone who repeatedly and over time either physically or emotionally hurts or excludes another person.

Target (victim) is someone who receives the physical/emotional hurt or is excluded from a group or situation.

Bystander (on-looker) is everyone who is looking or watching a situation unfold or occur and can make a difference.

Types of Bullying

- ♦ Physical
- ♦ Verbal /Written Language
- ♦ Emotional/Social (exclusion)
- ♦ Cyber-Bullying



Philosophy of the Program

Olweus incorporates a strong educational component for staff, students, and parents. Incidences of bullying are carefully investigated, tracked and addressed. Re-education and counseling is utilized when necessary for all targets, bystanders, and bullies as well as disciplinary action and parent contact as necessary. Great emphasis is placed on changing the culture of a school; creating an environment where telling is not tattling and sticking up for others is a community expectation. Individual differences are celebrated and cooperative behaviors are seen as crucial for success.