

## What Studies Tell Us About Bullying

1. Bullying is both physical and emotional in nature.
2. Girls bully as much as boys; they just do it differently.
3. Bullying happens in all environments; buses, playgrounds, athletic fields, and school.
4. Girls are more likely to be involved in cyber-bullying than boys.
5. Most students who observe bullying want to get involved, but do not know what to do.



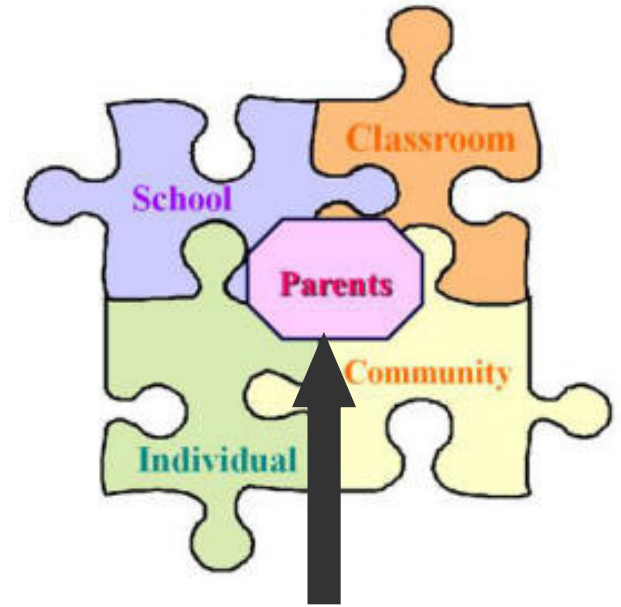
### Our School's Bullying Prevention Rules

1. We will not bully others.
2. We will help students who are bullied.
3. We will include students who are left out.
4. We will tell an adult at school and an adult at home if we know that somebody is being bullied.

As a parent we are asking you to review these rules with your child and encourage him/her to support and follow the rules.

# Bullying Prevention

A PARENT'S GUIDE TO BULLYING BEHAVIOR



**Working with YOU to do what is BEST For YOUR CHILD**

*Centre School and Marston School have implemented the **Olweus Bullying Prevention Program** to reduce and prevent bullying behavior throughout our schools.*

*Parents are an important part of this program.*

***Let's work together to ensure a productive learning environment.***

## What is Bullying?

Bullying is when someone purposefully says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Centre School and Marston School have implemented the *Olweus Bullying Prevention Program*.

Teachers and staff are trained to use the program and deal with bullying problems. Our Olweus teams work to continuously educate our students, teachers, staff, and work with our community to reduce and prevent bullying. However, the most important group is YOU, the parents of our students. Parents are very important for the success of this program and are involved at all levels of prevention. In order to reduce bullying behaviors, we need your help.

This brochure will update you on our school rules and what you can do if you are concerned if your child is being bullied.

Please take a few minutes to review this important information.

## THREE KEY COMPONENTS OF BULLYING BEHAVIOR

- Involves an aggressive behavior
- Involves a single, significant incident or a pattern of incidents
- Imbalance of power or strength

## EFFECTS OF BEING BULLIED

- Lower self-esteem
- Depression & anxiety
- Absenteeism & lowered school achievement
- Thoughts of suicide

## WHY DO SOME STUDENTS BULLY?

- Strong need for power
  - Enjoy being in control and subduing others
- Satisfaction in causing injury and suffering
- Often rewarded in some way for their behavior
  - Material or psychological e.g. forcing victims to give them money or steal for them
  - Enjoying attention, status, and prestige

## WHAT YOU CAN DO AS A PARENT

1. Talk with your child
2. Ask if he/she is being bullied
3. Ask if he/she knows anyone who has been bullied
4. Watch for changes in your child's behavior that may indicate an incident has occurred
5. Encourage your child to seek help from an adult at school or at home
6. Report any concerns to your child's teacher



**Our goal is to continue to maintain a safe and positive learning environment for all students. For questions or to report bullying concerns, please contact your child's teacher to address your concerns.**

For more information, please visit [www.olweus.org](http://www.olweus.org)