



Conrad Weiser Middle
School
2018-2019

BULLY PREVENTION PROGRAM



WHAT IS BULLYING?

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

Our mission is to make our school a safe and positive place to learn.

We need your help too. You can talk about our school's anti-bullying rules at home with your child.

We want to work with you to prevent and stop bullying from happening in our school.

Tips for Parents

If you suspect your child is being bullied, what can you do?

- ◆ **Talk with your child, listen, and be supportive.**
- ◆ **Keep a written record of bullying incidents {who, when, where, what/type of incident}.**
- ◆ **Contact your child's guidance counselor and/or principal and remember that there are always several sides to a story.**
- ◆ **Be sure your child understands that bullying is not a one-time incident, but rather a pattern of repeated behavior.**
- ◆ **Encourage your child to fill out a bully slip which can be obtained in the library, the main office, and the counseling office.**

THREE COMPONENTS OF BULLYING BEHAVIOR:

1. Involves an aggressive behavior.
2. Typically involves a pattern of behavior repeated over time.
3. Imbalance of power or strength.

TYPES OF BULLYING:

- ◇ Physical
- ◇ Verbal/Written
- ◇ Emotional
- ◇ Cyber

EFFECTS OF BEING BULLIED

- Lower self-esteem
- Appears sad, depressed anxious, and moody
- Absenteeism & lowered school achievement
- Complains of physical ailments, loss of appetite and/or inability to sleep
- Thoughts of suicide



OLWEUS PROGRAM

Conrad Weiser Middle School has implemented the Olweus Bully Prevention Program/ Teachers and staff are trained to use the program and deal with bullying problems. Our team works to educate our students, and staff to reduce and prevent bullying. Advisory meetings are held where students can talk about bullying. Assemblies and activities are planned to promote a positive and inclusive environment in our school.

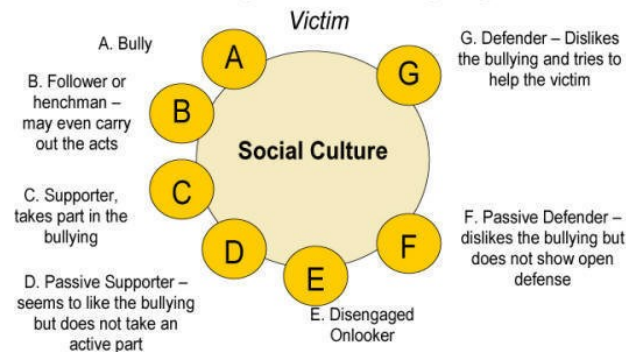
Parents are an important part of this program. This pamphlet includes our school's anti-bullying rules, procedures, parent tips, components and effects of bullying. Let's work together to ensure a productive learning environment.



Our School's Anti-Bullying Rules

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

The Cycle of Bullying



FOR AN INDIVIDUAL BEING BULLIED:

Bully slips can be completed and submitted to the boxes in either the library or main office when a student feels bullied or has witnessed bullying. (Cards may be completed anonymously.)

- The committee members meet 3 times per week to review the slips, meet with bullies and victims to devise a plan to rectify the situation.
- Students who are bullied will be supported by staff and will be protected from future bullying.
- Students who bully others will be given consequences when no behavior change occurs.

The goal of the program is to reduce and prevent bullying problems among students and improve peer relations.