

“We are all different; because of that, each of us has something different and special to offer and each and every one of us can make a difference by not being indifferent” -Henry Friedman

- Monitor telephone conversations and computer use
- Be aware that he/she will likely deny or minimize his/her involvement.
- Talk to your child’s teacher/principal
- Get the facts first and keep informed.
- Be open and share information with school personnel.
- Frequent communication is important.
- Don’t forget to acknowledge your child’s strength
- It’s okay to seek advice from a Guidance Counselor, Social Worker or Mental Health Clinic.

Contact BLMS 523-7160
Fax # 523-7164

Principal Ms. N. McEachern

Vice Principal Ms. C. Davis.

Ms. Lennox

Ms. Conroy

Ms. N. Robichaud-Hannay

Other Contacts:

CHIMO (N.B. HELPHONE)

TOLL FREE: 1-800-667-5005

KIDS HELPLINE

TOLL FREE: 1-800-668-6868

Would You Like More Information?

Books:

Barbara Coloroso: *The Bully, the Bullied and the Bystander*

Dan Olweus: *Bullying at School: What We Know and What We can do*

Ken Rigby: *Bullying in Schools*

Keith Sullivan: *An Anti-bullying Handbook*

Kim Zarzour: *The School Yard Bully*

Videos:

(available through Kora Hayward, Positive Learning Environment Co-Coordinator, School District 16 Office, 778-6075)

“But names will never hurt me”

“The Bully Dance”

“Bullies”, CBC Documentary

Websites:

www.kidsareworthit.com

www.crime-prevention.org/English/publications/children/violence

www.lanr.unl.edu/pubs/family/nf309.HTM

Kidshelp.sympatico.ca

www.deal.org

www.yorku.ca/lamarsh/articles.htm

www.bced.gov.bc.ca/branches/sp

Created by Sean DeVarennnes

Bonar Law Memorial
High School

“Bullying, Harassment And Intimidation: Help Break The Cycle”

Bonar Law Memorial



BENGALS

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Information about Bullying



OUR BELIEF

AT Bonar Law Memorial WE BELIEVE ALL STUDENTS HAVE THE RIGHT TO A SAFE LEARNING ENVIRONMENT THAT IS FREE FROM ANY FORM OF HARASSMENT, BULLYING, AND INTIMIDATION.

POLICY: Our policy at BLMS is to strive to maintain a school environment free from intimidation, threats or violent acts.

School employees or students who feel subjected to any of the behaviors listed above, or have knowledge of the violation of this policy, should immediately report it to the Administration and/or Guidance.

All complaints will receive prompt attention and the situation will be investigated. The school administration will take the appropriate disciplinary and/or corrective action based on the results of the inquiry.

STOP IT NAME IT REPORT IT

HERE AT BLMS WE:

1. CONSIDER STAFF ROLE MODELS TO STUDENTS
2. WATCH FOR SUSPECTED INCIDENTS OF BULLYING AND DETER INCIDENTS OF BULLYING BY SUPERVISING AREAS OF THE SCHOOL
3. REPORT ANY SUSPECTED INCIDENTS OF BULLYING OR HARASSMENT TO THE ADMINISTRATION OR GUIDANCE COUNSELLOR.

4. ENCOURAGE TEACHERS TO TALK OPENLY TO STUDENTS, COLLEAGUES, AND PARENTS ABOUT BULLYING AND ITS PREVENTION
5. PROVIDE ASSISTANCE TO STUDENTS INVOLVED IN BULLYING SITUATIONS THROUGH COUNSELLING
6. ENCOURAGE STUDENTS TO REFUSE TO BE INVOLVED IN ANY TYPE OF BULLYING OR HARASSMENT.
7. ASK STUDENTS TO REPORT, IN PERSON OR ANONYMOUSLY, ANY INCIDENTS OF BULLYING OR HARASSMENT TO ANY STAFF MEMBER.
8. EDUCATE STUDENTS ON THE POSSIBLE CONSEQUENCES AND DANGERS ASSOCIATED WITH BULLYING AND HARASSMENT.

WHAT IS BULLYING?

Bullying can be defined as “repeated and systematic harassment and attacks on others” (Superman, Jaffe and Schieck, 1996).

Bullying can be carried out by individuals or groups who may display a wide variety of behaviors:

1) Physical Bullying:

- Any kind of physical violence
- Spitting
- Vandalism and defacing property
- Stealing
- Physical acts that are demeaning (i.e. “de-panting”)
- Violence against family and friends

2) Verbal Bullying:

- Threatening bodily harm
- Name calling
- Dirty looks
- Teasing about clothes, possessions or appearance
- Intimidating telephone calls, e-mails or texts
- Extortion
- Coercion

3) Indirect Bullying:

- Social isolation
- Gossiping or spreading rumors
- Embarrassing comments or actions
- Graffiti and notes
- Racially or sexually inappropriate comments
- Taking possession
- Threatening with isolation from peer group

WHAT CAN PARENTS DO

AS THE PARENTS OF A VICTIM...

- Be available for your child: ask questions about his/her day
- Validate his/her feelings
- Never blame. Bullying is not the fault of the victim
- Ask how he/she tried to stop the bullying
- Suggest possible solutions or strategies (do not suggest fighting back)
- Reassure your child that you will help them sort out the problem
- Do not approach the family of the other child/children involved
- Help your child be specific with details of the incidents. (Who? What? Where? When?)

AS THE PARENTS OF A BULLYING CHILD...

- Do not deny that your child is a bully...think it through
- Make it clear to your child that this type of behavior will not be tolerated
- Discuss the negative impact that bullying has on the victims and the bully—do not accept any excuses!
- Increase supervision of your child's activities
- Check if your child has money/possessions that he/she cannot explain

