



BULLY PREVENTION PROGRAMS

Background

Poquoson City Public Schools has bully prevention programs in all of its schools. The programs are based on the Olweus Program, a research-based program implemented both throughout the US and internationally. The program uses a comprehensive approach that includes school-wide, classroom and individual components. The goals of the program are to reduce and prevent bullying problems among schoolchildren and to improve peer relations. PCPS staff members were formally trained during implementation of the program. It should be noted that bus drivers also receive training in bully prevention and the importance of reporting any incidents on the bus.

<http://www.violencepreventionworks.org/public/index.page>



Telephone Hotline

A telephone hotline is available for students and parents at PES, PMS and PHS. Below is information about the hotline, as well as the school hotline phone numbers.

Our schools have a hotline that students or parents can call if they see someone being bullied by others, if they have been bullied or if they have any other concerns about student safety at school. The hotline is completely anonymous. Persons calling do not have to leave a name, nor will anyone attempt to find out who has made the call. Information can be left on voice mail at any time of day or night. The voice mail will be checked daily and information received will be handled responsibly by school building administrators. After the call has been received, there will be an immediate assessment to determine whether students and staff are safe. The division will seek help for any student who has been reported through the hotline.

**Poquoson
Elementary
School
Hotline**

757-946-0172

**Poquoson
Middle
School
Hotline**

757-946-0170

**Poquoson
High
School
Hotline**

757-946-0171

Division Website Resources

Our division webpage also provides resources for students and their families. Those particular to bullying are:

- Bully Prevention Programs in PCPS
- Bully Prevention Tips for Families
- Let's Talk! link

<http://www.poquoson.k12.va.us/Page/12097>

Select **STUDENT SAFETY & WELL BEING** from the left hand menu

Let's Talk



Let's Talk! is a communication tool designed to allow anyone with internet access to reach out to the division and schools. The Let's Talk interface can be found on the division's home page at

<http://www.poquoson.k12.va.us>

Anyone can submit a question, a comment, a suggestion, a concern or offer a compliment. The submission can remain anonymous or the person submitting the information can choose to provide their contact information. The school division reviews the submission and decides on the appropriate course of action.

School Programs

Below are brief descriptions of each school's bully prevention programs. The narrative does not include every activity related to bully prevention but is intended to provide a broad overview of efforts at each school.

Poquoson Primary School

- School Counselor meets with classes every six days to address good character/citizenship topics to promote positive student relationships. Teachers and staff reinforce these topics in the classroom. Includes are topics such as respect, citizenship, and friendship.
- Teachers and staff recognize students as "bucket fillers." Bucket fillers are students caught showing spontaneous good behaviors. Bucket fillers are recognized monthly by administration.
- Staff development related to bully prevention is held during the year.
- An annual staff survey assists in the evaluation of the program. Changes are made to the program based on the survey data as well as other input from faculty and staff.
- The school counselor and administrators work with individual students in need of support.

Poquoson Elementary School

- The PTO supports the bully prevention efforts to include an annual “No Bullying” assembly. The school counselor teaches specific lessons that are focused on bully prevention as a follow-up to the assembly.
- Weekly class meetings are held to build a positive classroom climate, identify feelings of students, create time for healthy communication and identify problems before they occur.
- PES has a “Bulls Don’t Bully Club” which includes the 5th grade students who received the Bulls Don’t Bully Award during their 4th grade year. They were selected by their peers and teachers and help plan awareness activities throughout the year.
- The Olweus No Bullying Rules are posted throughout the school.
- Monthly school counselor lessons include topics such as respect, kindness, conflict resolution, cyber bullying and active bystander roles.
- Quarterly awards for PES No Bullying are given to students in every class.
- PES counselor meets with rising third grade students in the spring to review PES No Bullying Rules.
- Annual training and review for staff during pre-service weeks about Olweus Bullying Prevention Program.
- The school counselor and administrators work with individual students in need of support.

Poquoson Middle School

- School administrators present information at student grade level meetings held annually at the start of the school year. Rules and reporting processes associated with bullying are shared at these meetings.
- A program called TASLAH (Take a Stand Lend a Hand) is in place at the school. TASLAH meetings include class lessons as well as other activities directly related to bully prevention. Below are the titles of the units included in the TASLAH program. The units include instruction and discussion about behaviors related to bullying behavior as well as ways students can handle conflicts with other students.
 - Trustworthiness
 - Respect
 - Fairness
 - Caring
- School counselors present classroom guidance lessons to all three grade levels to address cyber bullying prevention. All eighth graders complete Digital Citizenship modules created by WHRO. These address appropriate use of social media which relates to cyber bullying.
- Quarterly Golden Bull awards are provided to students. The award recognizes positive student character.
- New students are paired with student mentors so their transition to Poquoson Middle School goes smoothly. The new mentor program allows students to make positive connections with their peers from the beginning.
- An annual survey of students and staff assists in the evaluation of programs. Changes are made to the programs based on the survey data as well as input from bully prevention committee members.
- School counselors and administrators work with individual students in need of support.

Poquoson High School

- Administrators present information about bullying and school rules at grade level meetings at the start of the school year.
- Bully Prevention Week occurs each year and provides students with a variety of activities. Student groups lead the activities. An example of a theme for the week is “Acts of Kindness”, positive post-it notes placed around the building and chalk-talk to welcome new students.
- The Principal meets with a Principals Advisory Council, which includes students from all grade levels, different student groups and cliques. Students provide feedback, discuss bullying and how the school can support students.
- School Bully Prevention Committee meets monthly and consists of students, teachers, and a parent.
- Students participate in the planning of bully prevention lessons for class meetings. Four class meetings are held during the course of the year. Each class meeting’s lesson plan focuses on key topics associated with bully prevention.
- Counselors have implemented a Peer to Peer Lunch Bunch so students can meet in small groups to discuss issues such as bullying, harassment and disrespectful behavior.
- Recognition system for student acts of kindness and specific motivational messages are provided for students.
- Students and staff participate in a regional Diversity Dialogue Day, where they network and discuss ways to build inclusive communities.
- Posters with rules against bullying are placed throughout the building.
- Students are surveyed about the changes made to the program so plans can be made each year for the program and the prevention week activities.
- School counselors and administrators work with individual students in need of support.

Code of Student conduct

- Bullying and cyber bullying are defined in the Code of Student Conduct which all students and parents are required to read and acknowledge. The definition of bullying is provided in Virginia State Code and is as follows:
 - *Aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor or aggressors and victim; and is repeated over time or causes severe emotional trauma. Bullying includes cyber bullying. Bullying does not include ordinary teasing, horseplay, argument or peer conflict. (VA Code 22.1-276.01)*
- Schools report incidents in bullying through the VDOE report system. All incidents are appropriately addressed by school administrators.
- Consequences range from intervention through long-term suspension for K-5 while consequences range from short-term suspension through long-term suspension for grades 9-12. Students are reminded of the consequences at school opening assemblies.
- The PCPS Code of Conduct is available online at <https://va02205104.schoolwires.net/Page/12107>