



Our school is implementing the Olweus Bullying Prevention Program to ensure all students feel safe and are able to succeed academically. By implementing this program, our school is committed to reducing existing bullying problems among students, preventing new bullying problems and achieving overall better peer relations at school.



WHAT FAMILIES SHOULD KNOW ABOUT BULLYING

Bullying is NOT something kids need to experience to help them be tougher grownups. It does not make a person stronger; it makes them more likely to be anxious, depressed and feel bad about themselves.

WHAT YOU CAN DO TO HELP

- Educate yourself on what bullying is and what bullying isn't.
- Support the school's messages against bullying behaviors.
- Take reports of bullying from your child seriously.
- Join the school's Bullying Prevention Coordinating Committee.
- Volunteer to help with the annual kickoff event.
- Attend anti-bullying meetings at the school.
- Talk to your child about the school's anti-bullying rules.

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 somebody is being bullied, we will tell an adult at school and an adult at home.

For More Information Contact

What Every Family Should Know About Bullying



olweus.sites.clemson.edu

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.

- Bullying has three key components:
 - (1) It is aggressive behavior.
 - (2) It involves an imbalance of power.
 - (3) It usually is repeated over time.
- Bullying includes things like name-calling, taunting, hitting, shoving, excluding and spreading rumors.
- It may happen in person or through electronics.
- The imbalance of power may be in strength, popularity, power or knowledge.

EFFECTS OF BULLYING

- The person who is bullied may be anxious, depressed and complain about stomach aches, headaches or have trouble sleeping.
- Students who bully are more likely to get into fights, be truant, drop out and have difficulty with academics.
- It affects students who are bystanders. They often feel afraid, powerless or guilty for not taking action.
- It can affect the school climate.



HOW TO TALK TO YOUR CHILD ABOUT BULLYING

- Who are your friends at school?
- Who do you sit with at lunch or on the bus?
- What has your teacher told you to do if someone is hurting or bullying you?
- What do you usually do when you see bullying going on?
- Have you ever tried to help someone who was being bullied? What happened?
- What do you think you can do if it happens again?
- Do you know of kids at your school who are left out?
- What could you do to include them?



COMMON MISTAKES WHEN THINKING ABOUT BULLYING

- Bullying is a normal part of growing up.
- Kids need to work out their own problems.
- If you just ignore it, things will get better.
- Sticks and stones will break your bones, but words will never hurt you.
- Girls don't bully.
- If you report bullying to a teacher, you're a tattletale or a snitch.

IF YOU THINK YOUR CHILD IS BEING BULLIED, DO:

- Talk to your child. Explain bullying is wrong and the bullying is not his/her fault.
- Work with the school to help solve the problem.
- Help your child develop good friendships with kids who are a positive influence and kind.
- Find a trusted adult at school whom your child can talk to and report any continued bullying.
- Share your concerns with your child's teacher or principal.
- Document and report continued bullying.
- Be a positive role model by using problem-solving skills when confronting conflicts.



IF YOU THINK YOUR CHILD IS BEING BULLIED, DON'T:

- Blame your child.
- Discourage your child from talking about it.
- Tell your child to ignore it.
- Tell your child to hit back or get even.
- Expect your child to work it out alone.
- Try to work it out with the other family.
- Make your child say sorry to the other child.