Bullying & Harassment at School

ADVICE FOR PARENTS AND CAREGIVERS

We want your children to be safe, happy and do well at GPPS

We intervene in bullying by:
~ Counselling students who have been bullied or have bullied others.
~ Communicating with parents or caregivers about the situation.
~ Putting consequences in place for students who bully others.
~ Having Principal or Deputy talk with the bully about their choices and behaviour.
~ Giving negotiated consequences such as restricted play, office time out or suspension.

We prevent bullying by:
~ Starting the school year with the “Let’s Start” Program.
~ Teaching students how to be confident and to cooperate and get along with others.
~ Encouraging students to bounce back and be resilient when bad things happen.
~ Teaching students about conflict resolution, anger management and problem solving.
~ Teaching students about diversity. We learn about differences in others and the need for acceptance.
~ Promoting student voice with all students.
~ Creating ‘safe spots’ in the yard.
~ Using the site’s anti-bullying and grievance procedures.

We follow-up incidents of bullying by:
~ Monitoring the situation between the students to ensure their safety and well being.
~ Communicating with parents or caregivers in an ongoing manner.
~ Reviewing our yard duty procedures and bullying policy to ensure their effectiveness.
~ Working in partnership with classroom teachers on negotiated consequences.

For more information, please contact the school.

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BULLYING CAN BE STOPPED!
What is Bullying?

Bullying is a repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Bullying can include the following:

**Social Exclusion:**
May involve being ignored, left out on purpose, rumours, put downs.

**Physical Behaviours:**
May involve hitting, kicking, pinching.

**Visual/ Written:**
May involve notes, graffiti, text messages, sending filmed or photographic images, comments on social networking sites.

**Verbal:**
May involve name calling, teasing, threats.

**Psychological:**
May involve stand over tactics, gestures.

**Sexual:**
May involve physical, verbal or non verbal sexual conduct.

HOW CAN I TELL IF MY CHILD IS BEING BULLIED?

Children who are being bullied at school may not always tell teachers about it. They may be afraid to speak up, thinking that it may make the situation worse.

This is why, as a parent or caregiver, you have an important part to play in helping your child and the school deal with bullying.

**Signs that a child is being bullied may include:**

~ Refusal to go to school or finding excuses not to go.

~ Unwillingness to discuss or secrecy about their online communications (mobile phones, Facebook).

~ Unexplained cuts, bruises or scratches.

~ Illnesses without any possible cause.

~ Unexplained change of mood, tension or emotional distress.

~ Damaged or missing clothing / possessions.

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS BEING BULLIED/ HARASSED?

You may feel anxious or upset if your child tells you they have been bullied. However, it is important that you remain calm.

~ Listen to your child.

~ Find out what happened. Who was involved (including bystanders / witnesses), and when and where did the bullying take place.

~ It is important to let your child know that telling you about the bullying was the right thing to do.

~ Talk with your child about what should be done.

TALK TO THE SCHOOL

Your child may not want you to talk about the bullying/harassment - however, it is important you let the school know so the problem can be worked out together.

~ Make a time to speak with your child’s teacher.

~ Be as clear as possible about what happened.

~ Ask the school what else you can do to help your child and the school to stop the bullying/harassment from occurring.

~ Keep in touch with the school and let them know if problems continue.

~ You may want the school to take action that does not identify your child.

Parents or caregivers must not discipline other students.

You should not approach parents of children who have bullied ~ Talk to the school staff and let them work through the issue with you and your child.