



## Campbellton Middle School Bullying Prevention Plan

Campbellton Middle School is committed to establishing an atmosphere where everyone feels safe and **positively connected to school**. This includes all students, school personnel and guests to the building. We take bullying seriously and strive to educate those that have been in a bullying situation. **Bullying is intentionally mean, cruel, hurtful behavior that involves an imbalance of power. The intention is to harm or humiliate someone.** It differs from conflict, which is a difference of opinion between peers who have equal power in the relationship.

### There are four main types of bullying:

- **Verbal bullying:** using words to attack someone (name-calling, mocking, putdowns, hurtful teasing or threats)
- **Physical bullying:** using physical force or aggression against another person (hitting, pushing, tripping, punching, kicking, spitting or shoving)
- **Social /Relational bullying:** trying to hurt someone through manipulating social relationships (eye rolling, gossiping or spreading rumors, revealing other people's secrets, excluding someone from the group, setting someone up to look foolish, giving the silent treatment or mean jokes followed by "Just Kidding".
- **Electronic/Cyber bullying:** using electronic media to threaten, embarrass, intimidate, exclude, or damage someone's reputation (sending threatening text messages).

It is expected that all staff, students and visitors of Campbellton Middle School follow our school's Bullying Prevention Plan. This plan must also be followed when students are involved in extra-curricular activities on or off school property, and when they are on school buses.

This plan will outline Campbellton Middle School's plan of action and what parents can do to help.

### Campbellton Middle School Staff Responsibility

- All staff of Campbellton Middle School have a responsibility to ensure the **safety of all students in the school building, while also making best efforts to ensure all students have a positive connection with the school.** All staff will model exemplary behavior to ensure high standards of personal and social behavior we expect from our students.
- Teach our students to behold high self-esteem, self-respect and respect for others.
- Be aware of signs and other possible indicators that a student is being bullied.
- Take any reports of bullying seriously by thanking students for reporting and dealing promptly with all bullying issues.

### Campbellton Middle School Parent Responsibility

Even though many bullying incidences occur during school hours, it is not strictly a school problem - it is a community problem. Parents have a responsibility to support the school and teach and model respectful behavior. It is imperative to keep open communication with your child. Your child deserves to feel safe at school and to have positive interactions amongst the student and staff population. If parents are aware of any suspected bullying incidences, they are to report them to the school to ensure the safety of their child. If the school doesn't know about it, then it is extremely difficult to do anything about it. Any and all reported bullying will be taken seriously and there will be a follow up to ensure the matter was dealt with.

#### Parents can also do the following:

- Know who your child's friends are
- Monitor all TV, video, and personal electronic devices (IE: cell phones, iPods)

- Keep your child's phone with you during the hours while they sleep. You can monitor if there are any inappropriate messages being sent to them. At the very least their phone won't keep them awake all night while they "surf the net"
- Be a positive role model
- Help your child, if bullied, to not retaliate violently in any way shape or form. Report to an adult at school.
- Be there for your child, show them that you take their concerns seriously. Show and give emotional support. Kindly don't tell them it is a natural part of growing up.
- If you are reporting a bullying incident, leave a message at the school identifying whose parent you are and leave as much detail as you feel comfortable sharing about why you are calling. If you would like a call back, make sure to mention that in your message.
- Set boundaries for your child's technology use. Know their passwords and what internet sites they frequent. Know the friends they have on social media and be a friend yourself on those sites.
- Create a safe environment for your children to tell you about being bullied. Many times, children are embarrassed to tell their parents what happened, thinking their parents will blame them.
- Do your best to communicate effectively with school staff and to approach the communication in a supportive, problem-solving manner.
- Talk to your child and his or her friends about the importance of using social skills such as empathy, assertiveness, self-regulation, communication, etc.
- Remember that as a school we are bound by confidentiality. Therefore, if you make inquiries about a child other than your own, we cannot share that information.

## **Campbellton Middle School Student Responsibility**

- Students will not become involved in any type of bullying.
- Students will intervene when witnessing a bullying incident taking place, unless it is unsafe to do so. If it unsafe to intervene, a school **staff member** will be advised **immediately** to ensure safety of students. Some examples of intervening are: Students can create a distraction to stop the bullying, show disapproval, verbally tell the person what they are doing is wrong, provide an escape for the student and ask them to leave the situation with you, create a reason why the person being bullied needs to leave, verbally tell the person what they are doing is wrong. Please refer to "What can you do if you are a bystander?" for other examples.
- Report, Report, Report, and do not keep secrecy to help prevent additional bullying. Even if asked to "Not Report" by other students.
- Save any and all information that is online related to bullying and print it out for proof of bullying. (Facebook, Twitter, etc.)
- **Students will model empathy, effective communication, self-regulation, etc.**
- **Students have the right to be free from harassment, discrimination, intimidation, based on general principles as well as specific qualities such as race, gender, gender identity, sexual orientation, culture, etc.**

## **What happens if students choose not to adhere to school wide Bullying Prevention Plan?**

Every student will be accountable for the choices they make throughout their school day and after school hours as it affects themselves or other students at school. The goal is not to be "reprimanded" but to educate a better way and to support a choice of behavior that is positive for everyone. Prevention is the key to success. However, consequences or restitution may be required depending on the severity of the behaviour or if the behaviour continues.

## **What Can You Do If You're Being Bullied?**

- **Stay calm: try not to show that you are upset.**
- **Try to look confident and tell the person who bullies to back off: Bullying is NOT COOL!**
- **Be assertive, but not aggressive. Fighting back often makes the bullying worse.**
- **Try to be funny- it shows you're not bothered.**
- **If you can't stand up for yourself, ignore the bullying, walk away and tell someone who can help!**
- **Don't blame yourself. It's not your fault**

### *afterwards.....*

- It does work if you talk to someone. This might be a teacher, friend, administration, parents, coaches, or any adult you trust. You may have to tell more than one person, but don't give up!
- If you're afraid to talk to an adult on your own, ask a friend to go with you.
- You can also practice with this friend what to say and do if you are bullied in the future.
- Stay close to students you can count on to stick up for you and go to areas where you feel safe.

## **What Can You Do If You're Taking Part in Bullying Behaviour?**

- **Take responsibility for what you have done and make amends**
- **Apologize to the person you have hurt in person, or if you feel that is not possible, apologize to them in writing.**
- **If you have damaged someone's personal property because you were bullying them, replace it.**
- **Speak to an adult you trust and ask for help to deal with your anger and the feelings that are behind the bullying.**
- **Seek out friendships that are positive and supportive and don't encourage you to hurt others.**
- **Concentrate on extra-curricular activities that you enjoy and are good at so you can use your power in positive ways.**
- **Think before you speak or take action. Often bullying behavior happens in the heat of the moment. Try to take a few seconds before speaking or doing something that you will regret. That few seconds is often enough to stop yourself from saying or doing it.**

## **What Can You Do If You Are a Bystander?**

- **Intervene in a non-aggressive way (remind the person doing the bullying that there are better choices he/she can make)**
- **Befriend the person who is being bullied by leading him or her away from the situation.**
- **Comfort the person who was hurt and make it known that what happened was not fair or deserved.**
- **Leave the situation and find an adult who can stop it.**
- **Don't forward text messages, emails or photos that could hurt someone else.**
- **Refuse to repeat rumours that could damage a person's reputation.**
- **Encourage your group of friends to intervene, as bullying relates to power and a good way of intervening is to show the person doing the bullying that there is a whole group of people who will stand up to him/her.**