

RES is a proud member of **STOP A BULLY**



The 4 Rules

- ❖ We will not bully others.
- ❖ We will try to help students who are bullied.
- ❖ We will try to include students who are left out.
- ❖ If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

Teasing, rough housing or even play fighting are not considered bullying **when both students are willing** participants.

TYPES OF BULLYING

Name calling	Shoving
Hitting	Threats
Intimidation	Cyberbullying
Stealing	Involving friends
Homophobic comments	
Fighting	Damaging property
Exclusion/ leaving out	

What is Bullying?

Bullying is a form of aggression that occurs in nearly any part in or around the school building, though it more often occurs in PE, recess, hallways, bathrooms, school buses, classes that require group work and cafeteria.

Bullying in school may consists of one student or a group of students taking advantage of or isolating one student in particular and gaining the loyalty of bystanders who want to avoid becoming the next victim.

Bullying consists of three basic types of abuse - emotional, verbal and physical. It typically involves subtle methods of coercion such as intimidation. The "imbalance of power" may be social power and/or physical power. The victim of bullying is sometimes referred to as a "target."

Bullying is abusive treatment, the use of force or coercion to affect others, particularly when habitual and involving an imbalance of power.

It may involve verbal harassment, physical assault or coercion and may be directed persistently towards particular victims, perhaps on grounds of differences.

The basic elements of bullying are:

Unequal Power: One person has more power than the other person (or at least it seems that way to the people involved)

Hurtful Actions: Physically or psychologically harmful behaviour takes place

Direct and Indirect Actions: The behaviour may be face-to-face or behind one's back Repetitive Behaviour: The hurtful actions keep happening so the person being hurt finds it more and more difficult to escape

Six Steps of Intervention

Step 1: Stop the bully.

Step 2: Support the student who has been bullied.

Step 3: To the student(s) who bullied: Name the bullying behavior and refer to the four anti-bullying rules.

Step 4:

Empower the bystanders with appreciation if they were supportive to the student who was bullied or with information about how to act in the future.

Step 5:

Impose immediate and appropriate consequences for the student(s) who Bullied.

Step 6:

Take steps to make sure the student who was bullied will be protected from future bullying.