

ON-THE-SPOT BULLYING INTERVENTION

1. Stop the bullying.
2. Support the student who has been bullied.
3. To the student who has been bullying: Name the bullying behavior and refer to the four bullying rules.
4. Empower the bystander (s) with appreciation if they were supportive or with information on how to act in the future.
5. Impose immediate and appropriate consequences for the student (s) who used bullying behaviors.

A PARENTS GUIDE TO BULLYING

For questions or to report bullying concerns please visit the Windsor School website at Windsor-csd.org or contact your child's guidance counselor or building administrator to address your concerns

Reports may be filed on the Windsor School website by clicking on the bully prevention link. Forms can be completed online and e-mailed directly to the appropriate administrator or you may contact your son or daughter's guidance counselor.



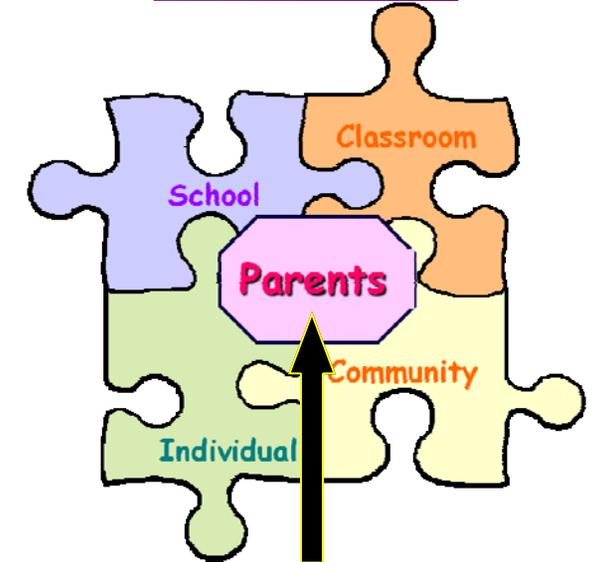
How Much Do You Know?

True OR False:

1. Fewer than 10% of children are involved in bully/ victim problems in middle school.
False - 19% report sometimes or more
2. Most bullying is physical in nature.
False
3. Girls bully just as much as boys; they just do it differently.
False - boys tend to be bullied by boys. Girls tend to be bullied by boys & girls.
4. Boys are more likely than girls to be involved in cyber bullying.
False - Girls are more likely to cyber bully
5. The vast majority of children who are bullied tell a teacher or other member of school staff.
False
6. Bullying is just as likely on the way to and from school as during school hours.
False - Most bullying occurs in the classroom
7. Most students who observe bullying don't think they should get involved.
False - Only 38% think they shouldn't get involved.

Bullying Prevention

A PARENTS GUIDE TO BULLYING BEHAVIOR



**Windsor Central School District
Working with YOU to do what is
BEST For YOUR CHILD**



*The Windsor School District has implemented the **Olweus Bullying Prevention Program** to reduce and prevent bullying behavior throughout our schools. Parents are an important part of this program. Let's work together to ensure a productive learning environment.*

What is Bullying?

Bullying is when someone purposefully says or does mean or hurtful things to another person who has a hard time defending himself or herself.

The Windsor School District has implemented the Olweus Bully Prevention Program. Teachers and staff are trained to use the program and deal with bullying problems. Our Olweus teams work to continuously educate our students, teachers, staff, and work with our community to reduce and prevent bullying. However, the most important group is YOU, the parents of our students. Parents are very important for the success of this program and are involved at all levels of prevention. In order to reduce bullying behaviors we need your help.

This brochure will update you on statistics related to bullying, our school rules and what you as a parent can do if you are concerned that your child is being bullied.

Please take a few minutes to review this important information. Contact information is available on our website if you have any questions or concerns.

THREE KEY COMPONENTS OF BULLYING BEHAVIOR

- Involves an aggressive behavior
- Typically involves a pattern of behavior repeated over time
- Imbalance of power or strength

EFFECTS OF BEING BULLIED

- Lower self-esteem
- Depression & anxiety
- Absenteeism & lowered school achievement
- Thoughts of suicide

WHY DO SOME STUDENTS BULLY?

- Strong need for power
 - Enjoy being in control & subduing others
- Satisfaction in causing injury and suffering
- Often rewarded in some way for their behavior
 - Material or psychological e.g. forcing victim to give them money or steal for them
 - Enjoying attention, status and prestige

NATIONAL STATISTICS

- 17% of students said they had been bullied "sometimes" or more often during the school term
- 8% had been bullied at least once a week
- 19% had bullied others "sometimes" or more often during the term
- 9% had bullied other students at least once a week

* T. Nansel et al, "Bullying Behaviors Among U.S. Youth," Journal of the American Medical Association 285, no. 16 (2001): 2094-2100

Our School's 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 that somebody is being bullied, we will tell an adult at school and an adult at home.

As a parent we are asking you to review these rules with your child and encourage him/ her to support and follow the rules.

What You Can Do As A Parent

1. Talk with your child
2. Ask if he/ she is being bullied
3. Ask if he/ she knows anyone who has been bullied
4. Watch for changes in your child's behavior that may indicate an incident has occurred
5. Report any concerns to your child's teacher, principal, prevention coordinator or counselor.

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(Answers on back)