



## ANTI-BULLYING POLICY

**Purpose:** *All students have the right to be educated in an environment that is safe and free from bullying.*

### **What is Bullying?**

*There are many definitions for bullying and includes a variety of actions. Here at Dasman Bilingual School, bullying is defined as “deliberate and repeated attempts to cause physical or psychological harm to a person that is unable to defend themselves”.*

*The DBS definition of bullying has three parts:*

- *Repeated often over time*
- *Deliberately trying to cause physical or psychological harm*
- *The victim is unable to defend themselves*

*Bullying can be classified into four categories:*

- *Physical- includes hitting, punching, pinching, spitting, stealing, etc*
- *Verbal- includes name-calling, making offensive remarks, teasing, put-downs, etc*
- *Emotional- includes spreading rumors, embarrassing someone, social isolation, etc*
- *Cyber- includes the use of electronics to cause harm to another person.*

### **Symptoms of Bullying:**

- *Bullying symptoms can be hard to recognize as they overlap with other illnesses.*
- *Common signs include:*
- *Reluctance to attend school*
- *Withdrawn behavior*
- *Hesitation to participate in activities*
- *Decline in academic performance*
- *Psychosomatic symptoms may also occur, such as:*
- *Headaches*
- *Stomach aches*
- *Psychosomatic refers to physical symptoms caused by mental distress.*

### **How can we stop bullying at DBS?**

*Putting an end to bullying is a group effort that includes all students, parents and staff members. Here's how you can help.*

<p><b>Students</b></p> <ul style="list-style-type: none"> <li>-Report bullying to an adult you trust.</li> <li>-Don't be afraid to say a firm "NO!"</li> <li>-Don't be afraid to say "STOP!"</li> <li>-Know that it is also ok to walk away</li> </ul>	<p><b>Parents</b></p> <ul style="list-style-type: none"> <li>-When you, your child, or someone close to you is being bullied, there are many steps to take to help resolve the situation.</li> <li>-Make sure you understand what bullying is and what it is not, the warning signs of bullying, and steps to take for preventing and responding to bullying, including how to talk to children about bullying, prevention in schools and communities, and how to support children involved.</li> </ul>
<p><b>Teachers</b></p> <ul style="list-style-type: none"> <li>-Intervene immediately.</li> <li>-It is ok to get another adult to help.</li> <li>-Separate the students involved.</li> <li>-Meet any immediate medical or mental health needs.</li> <li>-Stay calm.</li> <li>-Reassure the students involved, including bystanders.</li> <li>-Model respectful behavior when you intervene.</li> </ul>	<p><b>Teachers/Parents</b></p> <p><b>Behaviors to Avoid:</b></p> <ul style="list-style-type: none"> <li>-Don't ignore it.</li> <li>-Don't think students can work it out without adult help.</li> <li>-Don't immediately try to sort out the facts. Don't force other students to say publicly what they saw.</li> <li>-Don't question the children involved in front of other kids.</li> <li>-Don't talk to the students involved together, only separately.</li> <li>-Don't make the kids involved apologize or patch up relations on the spot</li> <li>-Don't tell the child to ignore the bullying.</li> <li>-Don't blame the child for being bullied. Even if he or she provoked the bullying, no one deserves to be bullied.</li> </ul>

**Programs to create awareness and Prevent bullying**

### *School Wide Bully Awareness Programs:*

- *Bulletin Boards*
- *Classroom Guidance*
- *Assemblies/Flag Ceremony*
- *Role Play Activities*
- *Student Ambassadors*
- *Art Classes*

### **Support Students who are bullied**

- *Listen and focus on the child. Learn what's been going on and show you want to help.*
- *Assure the child that bullying is not their fault.*
- *Know that kids who are bullied may struggle with talking about it. Consider referring them to a school counselor, psychologist, or other mental health service.*
- *Give advice about what to do. This may involve role-playing and thinking through how the child might react if the bullying occurs again.*
- *Work together to resolve the situation and protect the bullied child. The child, parents, and school or organization may all have valuable input. It may help to:*
- *Ask the bullied child what can be done to make them feel safe, while minimizing changes to routine.*
- *Ensure the bullied child is not blamed or singled out. For example, consider rearranging seating in classrooms or buses for everyone.*
- *If bigger changes, like switching classrooms or bus routes, are needed, ensure the bullied child is not forced to change.*
- *Develop a game plan with open communication between schools, organizations, and parents.*
- *Discuss the steps taken while acknowledging limitations based on policies and laws.*
- *School personnel cannot discuss disciplinary actions, consequences, or services provided to other children due to legal restrictions.*

**Be persistent.** *Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.*

### **Avoid these mistakes:**

- *Never tell the child to ignore the bullying.*

- *Do not blame the child for being bullied. Even if he or she provoked the bullying, no one deserves to be bullied.*
- *Do not tell the child to physically fight back against the kid who is bullying. It could get the child hurt, suspended, or expelled.*
- *Parents should resist the urge to contact the other parents involved. It may make matters worse. School or other officials can act as mediators between parents.*

**Follow-up.** *Show a commitment to making bullying stop. Because bullying is behavior that repeats or has the potential to be repeated, it takes consistent effort to ensure that it stops.*

## **CYBER BULLYING**

- *Cyberbullying is a unique and emerging issue that requires specific attention.*
- *The Counseling Department is developing an awareness campaign for the school, which will be implemented throughout the year.*
- *The approach includes raising awareness among teachers, students, and parents via workshops, flyers, bulletin boards, and classroom guidance activities.*
- *The primary focus is to educate parents and collaborate with computer teachers to promote responsible technology use.*
- *The goal is to empower students with skills and teach them proper technology and etiquette.*
- *Information will be shared with parents, teachers, and students, starting with the parents to create awareness.*

## **What is cyberbullying?**

- *Cyberbullying occurs through electronic technology, such as cell phones, computers, and tablets.*
- *It includes communication tools like social media sites, text messages, chat, and websites.*
- *Examples of cyberbullying include:*
  - *Mean text messages or emails*
  - *Rumors spread via email or social media*
  - *Embarrassing pictures, videos, websites, or fake profiles.*

## **Questions**

- *Why Cyberbullying is Different?*
- *Effects of Cyberbullying*
- *Frequency of Cyberbullying*

## **Why is Cyberbullying different?**

*Cyber Kids who are being cyber bullied are often bullied in person as well. Additionally, kids who are cyber bullied have a harder time getting away from the behavior.*

- *Cyber bullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.*
- *Cyber bullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.*
- *Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.*

### **What can you do?**

- *Be Aware of What your kids are Doing Online*
- *Establish Rules about Technology Use*
- *Understand School Rules*
- *Talk with your kids about cyber bullying and other online issues regularly.*
- *Be aware of the websites your kids visit and their online activities.*
- *Ask your children about the sites they visit, what they do, and who they interact with.*
- *Inform your kids that you may review their online communications if necessary.*
- *Consider installing parental control software, but don't rely solely on these tools.*
- *Stay informed about the sites and devices your kids use.*
- *Ask for their passwords but reassure them it will only be used in emergencies.*
- *"Friend" or "follow" your kids on social media or have a trusted adult do so.*
- *Encourage your kids to report any instances of cyberbullying and assure them you won't take away their devices if they come to you for help.*

### **Establish Rules about Technology Use**

- *Set clear rules about the appropriate use of computers, cell phones, and other technology.*
- *Specify which websites are acceptable and what activities are permitted online.*
- *Teach them how to be safe online.*
- *Advise children to think carefully before posting anything online to avoid embarrassing or harmful content.*
- *Remind them that once something is posted, they lose control over who can share it.*
- *Encourage them to consider who will see the information and images they post (e.g., strangers, real friends, friends of friends).*
- *Instruct children to keep their passwords private and not share them with friends to maintain control over their online activities.*

### **Why they Bully**

- *Pay attention to the bully's behavior and understand why they bully.*
- *Ensure the student understands the harmful impact of their actions.*
- *Make it clear that bullying will not be tolerated and is taken seriously.*
- *Model respectful behavior when addressing the bullying.*
- *Work with the student to understand underlying reasons for their behavior:*
- *Bullying may be a way to fit in; encourage involvement in positive activities like sports and clubs to build leadership and friendships.*
- *Some kids bully due to personal issues, such as problems at home, abuse, or stress; these students may need additional support like mental health services.*

### **Use consequences to teach.**

*Consequences that involve learning or building empathy can help prevent future bullying. School staff should remember to follow the guidelines in their student code of conduct and other policies in developing consequences and assigning discipline.*

*For example, the BULLY can:*

- *Lead a class discussion about how to be a good friend.*
- *Write a story about the effects of bullying or benefits of teamwork.*
- *Role-play a scenario or make a presentation about the importance of respecting others, the negative effects of gossip, or how to cooperate.*
- *Do a project about civil rights and bullying.*
- *Read a book about bullying.*
- *Make posters for the school about cyberbullying and being smart online.*

**Involve the student who bullied in making amends or repairing the situation.** *The goal is to help them see how their actions affect others. For example, the child can:*

- *Write a letter apologizing to the student who was bullied.*
- *Do a good deed for the person who was bullied or for others in your community.*
- *Clean up, repair, or pay for any property they damaged.*

**Avoid strategies that don't work or have negative consequences.**

### **Acknowledgements:**

**<http://www.stopbullying.gov/>**

## **DOCUMENT CONTROL**

<b>COMPLIANCE</b>	
<b><i>Compliant with</i></b>	<i>Local legislation &amp; Cognita ME</i>

<b>AUDIENCE</b>	
<b><i>Internal</i></b>	<i>All staff in Dasman Bilingual School</i>

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