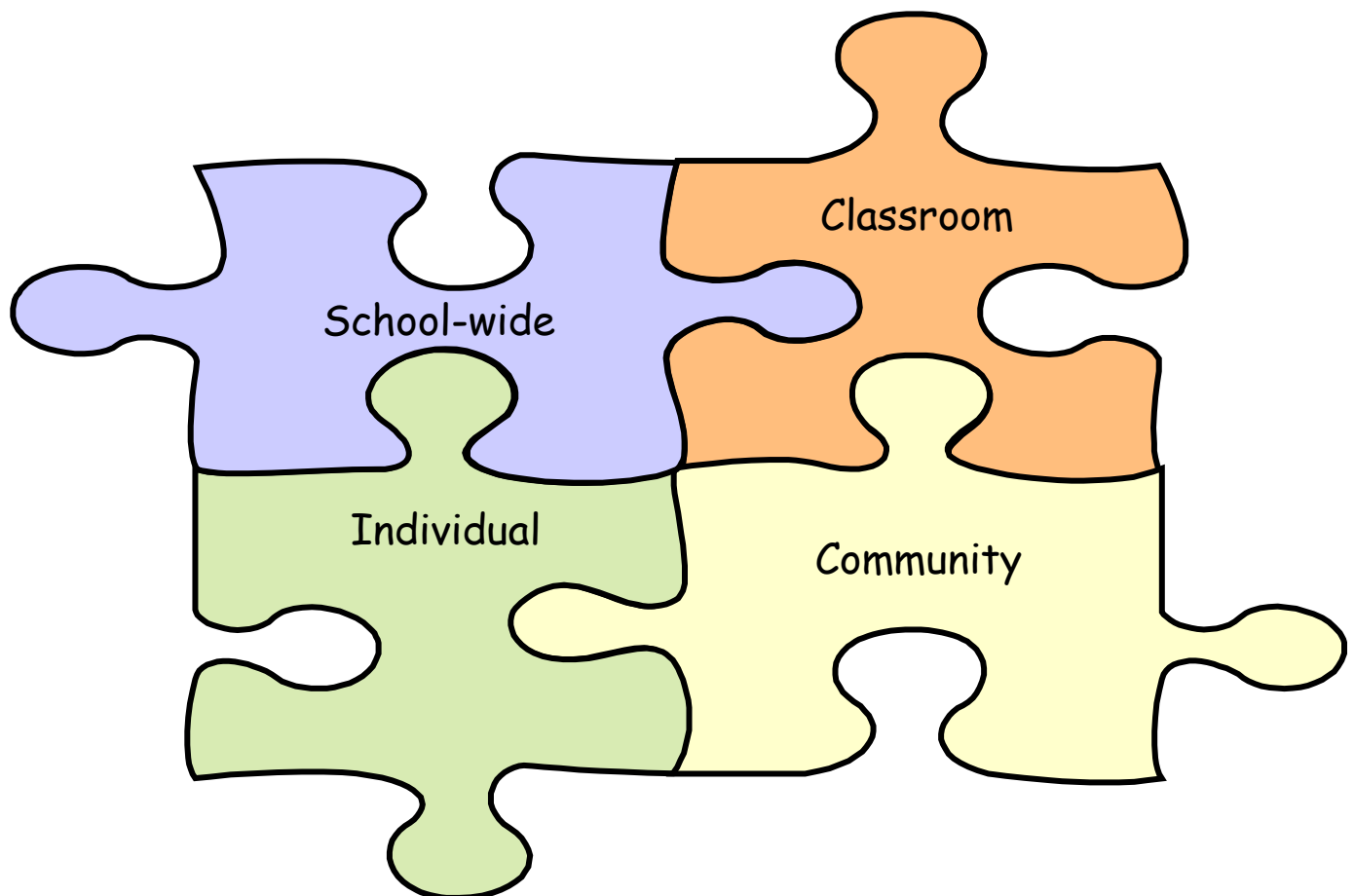


The Olweus Bullying Prevention Program

Glenora School is proud of the successes of our pro-active approach toward bullying prevention.

The Olweus Bullying Prevention Program is a researched based, school-wide program designed to reduce and prevent bully-victim problems in school. It is a school wide, systems change program with interventions at several levels, including school-wide interventions, classroom interventions, individual interventions and community involvement.

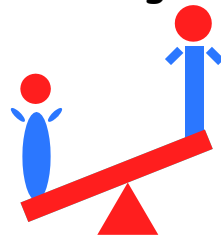
Program Components



Olweus Definition of Bullying

A student is being bullied when he or she is exposed, often repeatedly, to negative actions on the part of one or more students.

Bullying implies an imbalance in power or strength. The bullying situation causes harm, humiliation and is demeaning to the student being bullied.



Types of Bullying

1. Direct Bullying
 - Hitting, kicking, shoving, spitting...
 - Taunting, teasing, degrading comments, hurtful written communication
 - Threatening, obscene gestures
2. Indirect Bullying
 - Getting another person to assault someone
 - Spreading rumours
 - Deliberate exclusion from a group or activity
 - Cyber-bullying



Implementing the Olweus Bullying Prevention Program at Glenora



1. School Rules Against Bullying

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 include students who are easily left out.
4. When we know somebody is being bullied, we will tell an adult at school and an adult at home.

At the Classroom Level

- School rules are posted and discussed
- Consistent use of positive and negative consequences
- Regular (weekly) class meetings
- Involve parents when possible and when appropriate

Classroom Meetings

- Select a predictable time to discuss bullying and peer relations
- Meetings build a sense of class cohesion and community
- Be flexible in following students' ideas
- Use role-playing to engage students

Classroom Meeting Guidelines

- Sit in a circle if possible
- Raise hands to speak
- Everyone has the right to be heard without interruption
- Disagree without being disagreeable
- Avoid names - focus on events



Interventions at a Individual Level

1. On-the-spot interventions
2. Follow-up discussions with children who are bullied
3. Follow-up discussion with children who bully
4. Staff information sharing
5. Parental involvement

On-the-spot interventions:

1. Stop the bullying
2. Support the victim
3. Name the bullying behavior
4. Refer to the school rules
5. Impose immediate consequences (where appropriate)
6. Encourage the Bystanders

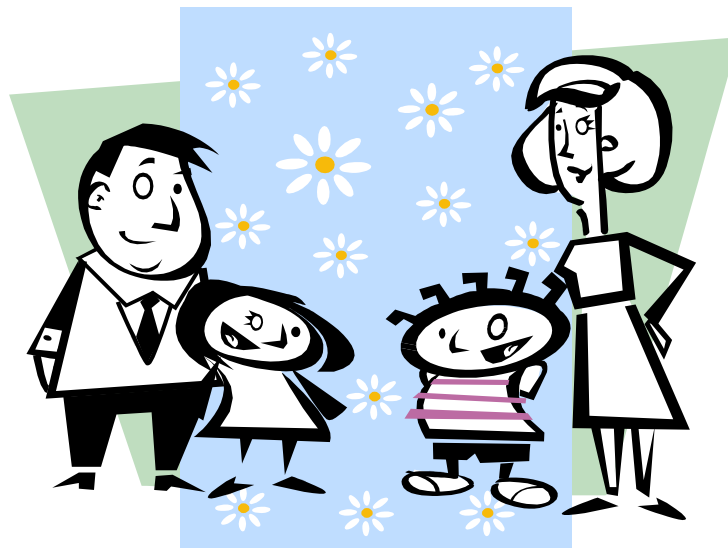
Follow-Up Interventions:

1. Report the incident, increase adult vigilance, communication and prevent retaliation
2. Identify staff person to talk with the bully and the bullied
3. Conduct separate talks with the child who is bullied and the children who bully, beginning with supporting the child who is bullied
4. Implement additional supports for the child who is bullied
5. Impose consistent, pre-determined consequences for the children who bully

6. Incident shared promptly with parents
7. If the incident is determined to be severe, though a first time incident, the consequence will be more severe than step one (close supervision).
8. Follow-up with the individuals involved in the "bullying circle"

Take-Home Message

- Stopping bullying takes a team effort (school, home and community)
- Parents are encouraged to dialogue with their children regarding classroom meetings and the Olweus program
- Approach the process in steps
- Change happens in small increments



Think back.....Look ahead