



Livingstone Range
SCHOOL DIVISION

February Safety Topic BULLYING PREVENTION

“School bullying is a damaging social process that is characterized by an imbalance of power driven by social (societal) and institutional norms. It is often repeated and manifests as unwanted interpersonal behaviour among students or school personnel that causes physical, social, and emotional harm to the targeted individuals or groups, and the wider school community.” UNESCO

What bullying is not

Bullying behaviour is not the same as hurting someone's feelings if there is no misuse of power or a deliberate intent to cause harm. It is important to support individuals to understand the difference between these behaviours as part of learning how to build healthy relationships.

Bullying behaviour is sometimes confused with conflict. Conflict is a disagreement about different beliefs, ideas, feelings or actions. It is a normal part of healthy relationships. For example, friends may disagree over which movie to see or what game to play. Learning skills to resolve conflict appropriately is very important for building and maintaining positive relationships.

The Educator's Role



Children spend a large portion of their day in the school. Their experiences while there have a tremendous impact on their development, affecting both their physical and mental health. Bullying can happen wherever children gather - in the playground, at a summer camp, on sports teams or during organized activities - but the majority of bullying happens at school, making teachers a child's first line of defense.

It is absolutely critical that teachers bullying seriously, intervening when necessary and encouraging healthy relationship skills. The bullying behaviour children experience or adopt within peer relationships at school will carry over to other relationships as they move through adolescence and into adulthood.

Teachers influence how students develop social skills, empathy, social responsibility and citizenship. Relationship skills are just as essential as knowing how to read and write. When children are taught how to recognize and manage their emotions, how to make decisions and how to behave ethically and responsibly, they are better equipped to engage in healthy relationships.

HELPING STUDENTS WHO ARE BULLIED

Build Self-Esteem

Encourage students who are bullied to participate in activities they enjoy or are good at to help them build self-esteem. Highlight their talents for other students to see; this can help them, change their reputation in the peer group and reduce their chances of being bullied.

Encourage Children to Report

- ✔ Make sure your students know that it is a teacher's job to deal with bullying and all incidents should be reported.
- ✔ Clarify the difference between tattling and telling; *tattling is what you do to get someone in trouble; telling is what you do to get someone out of trouble.*
- ✔ Provide alternative ways to report bullying at school - an anonymous bullying box can help children who may be uncomfortable about coming forward.

IT TAKES COURAGE FOR THE CHILDREN TO REPORT BULLYING, BE READY TO

LISTEN.



THE POWER is in YOU

HELPING STUDENTS WHO BULLY

CHANGE THE WAY THEY USE THEIR POWER

- ✔ Kids who bully need help developing problem-solving skills that don't involve aggression.
- ✔ Provide them with opportunities to use their natural leadership skills in a positive way.
- ✔ Help kids who bully resist peer pressure by letting them know you believe they can change behaviour.

#BeKind

ENCOURAGE POSITIVE BEHAVIOURS

- ✔ Encourage positive connections among children by praising respectful and cooperative behaviour whenever it happens.
- ✔ Try and focus on the positive behaviors of all students, even when they need correcting.
- ✔ Children are works in progress - they can't always get it right - they learn through trial and error.

WHAT TEACHERS CAN DO IN THE CLASSROOM

- Advocate for individual children
- Model appropriate relationship skills
- Create a warm and inclusive environment
- Promote positive attitudes and values
- Supervise, manage, and monitor children's interactions
- Promote positive group activities
- Ensure safety and inclusion of all children
- Intervene consistently
- Address early signs of relationship problems to prevent bullying

Children who bully need help in understanding the impact of their actions.



WHAT PARENTS, GUARDIANS AND CAREGIVERS CAN DO

Encourage Empathy

Help your children identify and label feelings of shame, embarrassment, anger, fear or sadness in themselves and in others.

Talk with your children about their own strengths and weaknesses and how they can use power to help, not hurt, others.

Empower Your Child with Kindness and Positive Activities

Encourage your children to perform 5 acts of kindness and describe how they felt after completing act.

Encourage your children to observe other children in school or individuals in the community and look for acts of kindness. Have your children describe what they observed and how they think the people felt.

Identify your children's strengths and abilities and provide them with opportunities to highlight these skills in ways that help others.

When you are addressing children who have bullied, it is essential that you are constructive and avoid using your power aggressively. If you model bullying for your children, it will be difficult for them to develop healthy relationships.

FEBRUARY 26, 2025



National Pink Shirt Day is a vibrant, national movement to fight bullying. It encourages everyone to wear pink shirts as a stand against bullying and brings people together, promoting kindness and inclusivity.

This day also emphasizes that everyone has a role to play in promoting kindness and stopping bullying.

CHOOSE kindness