

# The Olweus Bullying Prevention Program

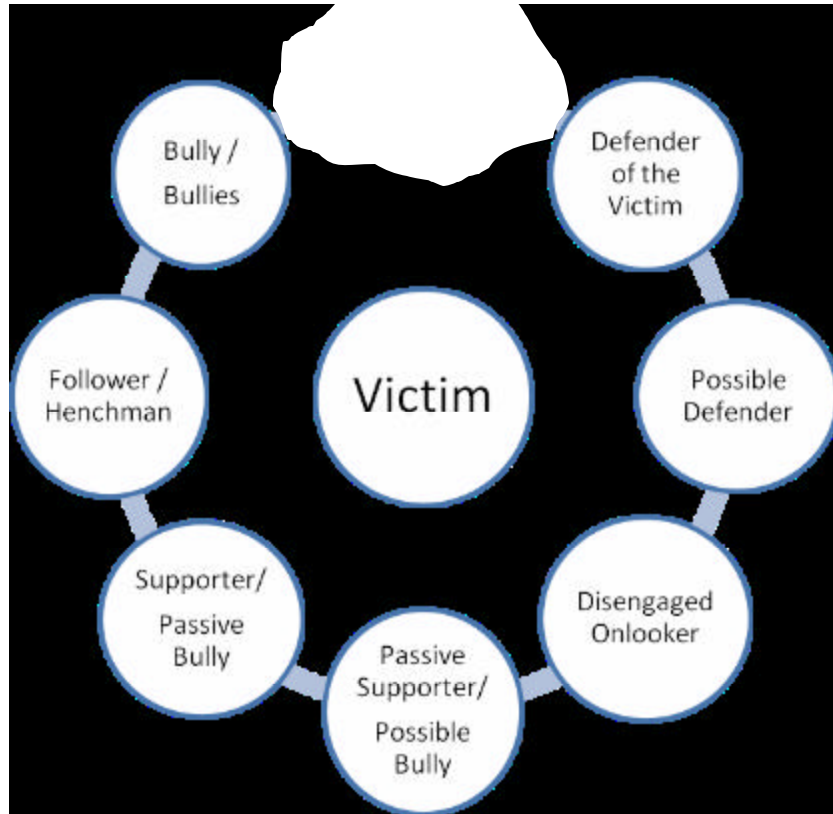
*An Overview for St. Robert School Parents*

## **Bullying is:**

- the aggressive use of words or actions
- intended to hurt, frighten, or threaten
- often repeated over time

- Olweus is a leading bullying prevention program utilized around the country and the world
- The goal is to reduce and prevent bullying behavior; empower victims to report incidents of bullying; improve peer relations; and make the school a safe and positive place for students to learn and develop
- Implementation at St. Robert includes:
  - Classroom meetings/student education
  - School-wide rules against bullying
  - Staff training
  - Parent education/involvement
  - Problem reporting structure
  - Disciplinary action plan

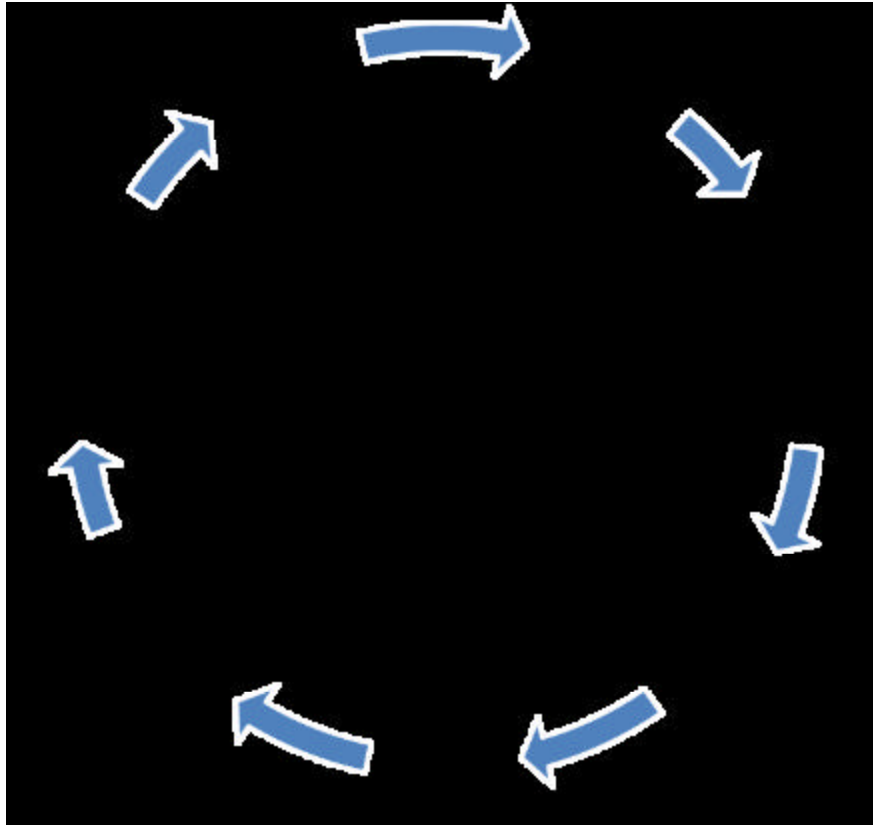
# The Circle of Bullying



## Students' Reactions/Roles in an Acute Bullying Situation

- **Bully/Bullies:** Starts the bullying and takes an active part
- **Follower/Henchman:** Takes an active part, but does not start the bullying
- **Supporter:** Supports the bullying, but does not take an active part
- **Passive Supporter:** Likes the bullying, but does not display open support
- **Disengaged Onlooker:** Watches what happens, doesn't take a stand
- **Possible Defender:** Dislikes the bullying and thinks he/she should help, but doesn't
- **Defender of the Victim:** Dislikes the bullying, helps or tries to help the victim

# The Continuum of Courage



## Moving Along the Continuum of Courage

"I will not bully others."

"I will take a stand."

"I will lend a hand."

"Together we can stop bullying."

## **Family Commitment**

- Support the anti-bullying philosophy
- Teach our children not to bully others and coach them to become defenders of the bullied
- Recognize that everyone plays a role in the Circle of Bullying, even the “uninvolved bystanders”
- Encourage our children to communicate with us and/or the staff if they witness a bullying incident or are victims of bullying behavior
- Support the staff when they bring bullying issues to our attention
- Communicate openly and honestly with the staff when we have concerns or questions

## **School Commitment**

- Staff members, as well as the Olweus core committee which includes parent volunteers, are trained in the Olweus program and are committed to creating a bullying-free zone at St. Robert School
- Any bullying incident reported via written report, e-mail, phone, or personally will be addressed quickly and effectively
- Problem report forms (to report a bullying incident) are available on the school website or in classrooms
- Completed Problem Reports can be turned in to any staff member or to a designated locked mailbox in the school office

*St. Robert School is committed to a safe and nurturing environment for all.*