

Dear Parents;



As part of the Anti-Bullying Anti-Violence policy in Quebec, all schools must have a plan in place to support students with any issues of bullying. As part of this plan, Wakefield School follows the *Olweus Bullying Prevention Program*. It helps to reduce bullying incidents as well as making school a safer, more positive place. We are guided by these anti-bullying rules set out by the program:

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 someone is being bullied, we will tell an adult at school and an adult at home.

What is bullying?

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself. Bullying can take on many forms, such as hitting, verbal harassment, spreading false rumours, not letting someone be part of the group, and sending nasty messages on a cell phone or over the Internet.

What can I do if I think my child is being bullied?

- Share your concerns with your child's teacher
- Talk to your child
- Try to find out more about your child's life at school

What else can I do if my child is being bullied?

- Focus on your child
- Talk to your child's teacher or principal
- Encourage your child to spend time with friendly students in his or her class
- Help your child meet new friends outside of school
- Teach your child about safety strategies, such as how to seek help from an adult
- Make sure your home is a safe and loving place for your child
- Don't blame your child for the bullying. No matter what your child does, he or she does not deserve to be bullied.
- Do not tell your child to fight back. This is not likely to end the problem and could make it worse by getting your child into trouble at school.

What can I do if my child is bullying others?

- Make it clear to your child that you take bullying seriously and that it is not okay
- Develop clear rules for your child's behaviour
- Spend lots of time with your child
- Share your concerns with your child's teacher or principal