



## **Olweus Bullying Prevention Program is Here!**

The Olweus Bullying program was created in order to diminish bullying in **schools. Students and teachers will work together to recognize bullying, respond to** bullying situations, and prevent further bullying. Students will be trained on how to respond to bullying and act in a way that is positive. The school anti-bullying rules are put in to place to show that bullying is not accepted!

### **Definition of bullying**

The official Olweus Bullying Prevention Program definition of bullying is: "A person is bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and he or she has difficulty defending himself or herself."

This definition includes three important components:

1. Bullying is aggressive behavior that involves unwanted, negative actions.
2. Bullying involves a pattern of behavior repeated over time.
3. Bullying involves an imbalance of power or strength.

### **Different Types of Bullying**

- Verbal bullying including derogatory comments and bad names
- Bullying through social exclusion or isolation
- Physical bullying such as hitting, kicking, shoving, and spitting
- Bullying through lies and false rumors
- Having money or other things taken or damaged by students who bully
- Being threatened or being forced to do things by students who bully
- Racial bullying
- Sexual bullying
- Cyber bullying (via cell phone or Internet)

### **The School Rules**

In addition to the normal school rules, we have adopted the rules created by the Olweus Bullying Prevention Program that directly says "no bullying":

Rule 1: We will not bully others.

Rule 2: We will help students who are bullied.

Rule 3: We will include students who are left out.

Rule 4: If we know that somebody is being bullied, we will tell an adult at school and an adult at home.



**OUR GOAL: To teach our students it is wrong to bully, how to stand up against bullying, and how to prevent bullying from happening.**

Olweus described bullying as a circle, everyone has role.

- A. Students Who Bully: the students who wants to bully, start the bullying, and play a leader role.
- B. Followers or Henchmen: The students who are positive towards the bullying and take an active part, but don't usually initiate it and do not play a lead role.
- C. Supporters or Passive Bullies: The students who actively and openly supports the bullying, for example, through laughter or calling attention to the situation, but don't join in
- D. Passive Supporters or Possible Bullies: The students who likes the bullying but don't show outward signs of support.
- E. Disengaged Onlookers: The student who don't get involved and do not take a stand, nor participate actively in either direction.
- F. Possible Defenders: The student who dislike the bullying and think that they should help the student who is being bullied but do nothing
- G. Defenders: The students who dislike the bullying and help or at least tried to help the student who is being bullied
- H. The Student Who is Bullied: The student who is being bullied due to an unbalance of power.

We want all of our students to “Be the G!” Those who stand by and do nothing but watch are as much at fault as the bully because they are allowing it to happen. If you don't confront it, you are condoning it. So we are going to train our students to be the “G” by showing them ways to stand up for the bullying, report the situation without being looked upon as a snitch, and to be more aware of what role they play in the bullying circle.

This is a culture change so it will not happen overnight but as we continue to promote this program, it will happen.