



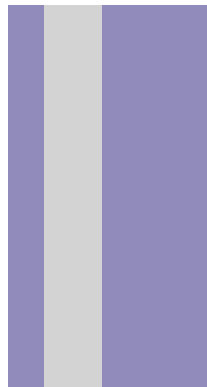
WETASKIWIN REGIONAL PUBLIC SCHOOLS



# Buck Mountain Central School

## Anti-bullying Policy

September 2015



Wetaskiwin Regional  
Public Schools

## **Belief Statement**

Buck Mountain Central School community is committed to the elimination of bullying through the positive involvement and ongoing education of students, parents and staff. It is the belief of the Buck Mountain Central School community that students are not inherently bullies but rather that bullying is a learned behavior and the behaviors of the bully, the bullied and the bystanders can be changed.

The Buck Mountain Central School community is committed to the creation of a safe and caring environment for all students which promotes respect for all and to that end, has zero acceptance of bullying behavior. A disciplinary process will be used to address any incidents of bullying behavior while still leaving the dignity of all students intact.

## **What is Bullying?**

Bullying can be best defined as a behavior that is intended to cause, or should be known to cause people to feel uncomfortable or threatened. Bullying is an action that hurts, frightens, upsets or demeans someone else. It can be committed by a group or a single individual and may involve repeated and systematic harassment and attacks or a single incident of inappropriate conduct designed to harass or intimidate a victim. Bullying can take many forms, none of which are acceptable. The main types of bullying include:

| <b>VERBAL</b>         | <b>PHYSICAL</b>                 | <b>RELATIONAL</b>        | <b>CYBER BULLYING</b>    |
|-----------------------|---------------------------------|--------------------------|--------------------------|
| Name calling/putdowns | Hitting                         | Manipulating friendships | Email                    |
| Insults               | Kicking                         | Gossip/rumors            | Social networking        |
| Racist comments       | Spitting                        | Exclusion                | Instant messaging        |
| Sexist comments       | Pushing                         | Intimidation             | Text messaging           |
| Teasing/taunting      | Inappropriate gestures/touching | Written notes            | Cell phone communication |
| Threatening/extortion | Tripping                        |                          | Internet blogs           |
| Harassment            | Stealing                        |                          | Chat rooms               |

**Signs and symptoms that bullying might be occurring to a student:**

- Is frightened when walking to or from school
- Doesn't want to go on the school bus
- Begs to be driven to school
- Changes to his/her usual routine
- Is unwilling to go to school
- Becomes withdrawn, anxious, or lacking in confidence
- Starts stammering
- Attempts or threatens to run away or harm himself or herself
- Cries a lot
- Has nightmares
- Feels ill in the morning
- School work begins to suffer
- Arrives from school with damaged clothes or books
- Has possessions go missing
- Asks for money or steals money to pay bully
- Comes home hungry after lunch is stolen
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Stops eating
- Is frightened to say what is wrong
- Gives improbable excuses for any of the above

### **Responsibilities of members of the Buck Mountain School Community**

All members of the school community are encouraged to take advantage of any educational opportunities to become more knowledgeable about bullying and bullying issues.

#### **Responsibilities of students**

Students shall:

- Refrain from, report and not accept bullying or bullying behavior directed toward others in the school, whether or not it occurs within the school building, on the school bus, during the school day, or by electronic means.

#### **Responsibilities of Staff - including adult volunteers**

Staff and adult volunteers shall:

- Provide a safe and secure environment for all students free from bullying.

- Act upon, respond, attend to and follow up on any incidents of bullying that are reported to them or come to their attention through other indirect means.

**Responsibilities of parents and guardians**

Parents and guardians shall:

- Report any incidents of bullying as soon as reasonably possible.
- Provide positive support to students and the school involved in incidents of bullying.

**Responsibilities of By Standers**

Do the right thing:

- Don't be a silent witness. You would want someone to have your back if you were the one getting bullied.
- Don't watch and laugh. That's even worse than doing nothing.
- If it's too hard to speak out, send an anonymous note to school staff
- Be assertive, not aggressive. Fighting doesn't help anyone.
- Invite the person being targeted to leave the situation with you
- Encourage the target to get help from someone, like a counselor, teacher, or other adult who can help.

**Reporting**

Whether you are the bullied or the bystander you must notify an adult of bullying situations as soon as possible. If you are unsure of who to talk to, contact one of the adults on the list below. You are encouraged to talk to the primary contact person first as they are closest to the situation and can have the most immediate effect. If the primary contact person is not available, contact one of the people in the secondary contact list.

| <u>LOCATION</u> | <u>PRIMARY CONTACT</u> | <u>SECONDARY CONTACTS</u> |
|-----------------|------------------------|---------------------------|
| On the bus      | Bus driver             | Parents<br>Guardians      |
| In the hallway  | Hallway supervisor     |                           |

|                                  |  |  |
|----------------------------------|--|--|
| In the classroom                 | Classroom teacher<br>teacher assistant | Counselors<br>Fellow students<br>Teachers<br>Teacher Assistants<br>Custodians<br>Office staff<br>Community member<br>Vice principal<br>Principal<br>RCMP |
| In the gym                       | Gym supervisor                         |  |
| School grounds                   | Outside supervisor                     |  |
| School activities, trips, sports | Activity supervisor                    |  |
| Cyber bullying                   | Parent/ school counselor               |  |
| After school                     | Parent/ school counselor               |  |

**Procedures**

All incidents of bullying that are reported to school personnel will be dealt with. Students who engage in bullying-type behavior can expect a progressive disciplinary route with the ultimate goal of changing student behaviors. To get there, students can expect office referrals, documentation of information, contact with parents, referrals to counseling; and progressing to detentions, removal of school privileges (as describe elsewhere in this document) in-school suspensions and out of school suspensions. The welfare and dignity of all students will be respected throughout any disciplinary action taken.