

Dear Parent or Guardian,

Bullying exists everywhere in various forms. As you are aware, Central Middle School has adopted a Community of Respect set of behavioral expectations for their students. Following you will find a list of warning signs as well as some tips to help your child deal with any situations which they may encounter.

### **Warning Signs of Being Bullied**

- unexplained marks or bruises ·drop in attendance, grades
- damaged or missing belongings ·avoidance of school
- health complaints such as stomachaches, headaches ·social isolation/withdrawal
- change in eating or sleeping patterns ·increased anxiety and worry

### **Tips for Parents of Bullying Victims**

1. If you think your child is being bullied ask him or her. Adults need to take the initiative. Ask for specifics and write them down.
2. Know the difference between normal conflict and bullying. Bullying may occur when another student or several students *intentionally and repeatedly* engage in one or more of the behaviors detailed on the Community of Respect document.
3. If your child tells you he or she is being bullied, believe your child. Be careful not to overreact or under react.
4. The school is here to support you and your child. Please do not confront the bully or the bully's parents.
5. Don't promise to keep the bullying a secret. Contact school personnel for assistance.
6. Boost your child's self-esteem by praising them for dealing with the problem in an appropriate way.
7. Help your child develop bully resistance skills. Role-play with your child what to do and say when confronted with a bully.

·Stand up straight, look the bully in the eye, and say in a firm, confident voice "Leave me alone" or "Stop that, I don't like that".

·Tell a joke or say something silly. (Don't make fun of the bully)

·Stay calm and walk away. If possible, walks towards a crowded place.

·If you feel you're in real danger, run away as fast as you can.

·Tell an adult.

8. Encourage your child to express his or her feelings. Give your child permission to blow off steam, argue, and state opinions and beliefs that are different from yours. If you allow your child to stand up to you periodically, it's more likely that he or she will be able to stand up to a bully.

### **Additional Tips for Staying Bully Free**

- Avoid bullies ·Walk away
- Act confident ·Say “Stop it”
- Look confident ·Say “Leave me alone”
- Be observant ·Say “Whatever”
- Tell a friend ·Use humor
- Tell an adult ·Use “I messages”
- Be assertive ·Travel in a group
- Stay calm ·Join a group
- Keep a safe distance ·If you’re in danger, RUN

Please encourage your child to report school and bus acts of bullying to the closest staff member.

Mr. Gardner, Co-principal, Mr. Work, Co-principal along with Mr. Donovan and Mrs. Vandewiel, Assistant Principals are available for additional follow-up.

Our school social workers are available to help students learn techniques for dealing with bullies. Feel free to contact them on behalf of your child.

Grade 6 – Mrs. Jody Plowman

Grade 7 – Mrs. Megan Dore

Grade 8 – Mrs. Krzyzewski