

# Working Together to Stop Bullying

Message from the Principal

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Teachers work with their classes regularly to educate students about bullying but research is showing that an increased focus on teaching caring and kindness has a greater impact on reducing bullying than a focus on anti-bullying. Educational Leadership's Sept. 2011 issue, "Promoting Respectful Schools", reports: "In a meta-analysis of 44 bullying prevention programs, fewer than half (19) were found to be effective." An article posted by the Harvard Graduate School of Education, talks about the importance of focusing on the development of empathy, perspective-taking, and mindfulness, and social-emotional learning. Researchers and educators have noted that creating a culture where students value differences and become tolerant of varying viewpoints and cultural practices is significant and important in curtailing bullying. A focus on character education also has many benefits. Through IB Learner Profile we work on the development of attributes that contribute to fostering a culture of caring, kindness, good citizenship, and intercultural respect.

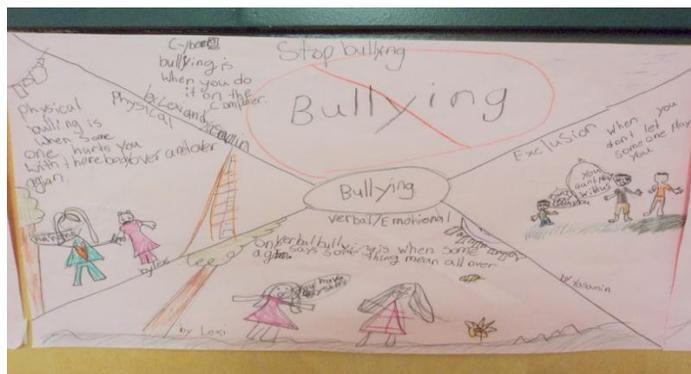
Sources:

<http://www.gse.harvard.edu/news-impact/2012/09/the-bullying-conundrum/>

<http://www.ascd.org/publications/educational-leadership/sept11/vol69/num01/Have-a-Little-Respect.aspx>

## **Tips for Parents:** [www.canadianredcross.ca](http://www.canadianredcross.ca)

- Teach your children that if they see someone being bullied, they should not watch, laugh or join in.
- Pay attention to the relationships in your children's groups. Ensure all children are included and that inappropriate behaviours are addressed.
- Help kids see the value of offering empathy and support to those who are bullied.
- Work with your child's school to educate others about the problem of bullying.
- Be a good example for your children. Model respectful behaviours at home and in your daily interactions.



Bullying is a sad and unfortunate reality – one in five Canadian youth report being bullied regularly. So learning how to deal with bullying situations is incredibly important. Research has shown that when friends support victims by standing up to a bully by telling them to stop, bullying stops in 10 seconds or less at least 50 % of the time. [www.canadianredcross.ca](http://www.canadianredcross.ca)

At Capilano, students are expected to follow our school's *Code of Conduct* – to be respectful, open-minded, cooperative, kind, and safe at all times. They are also expected to be working on developing attributes of the IB Learner Profile that include being principled, caring, and being good communicators and thinkers - attributes that will empower students to deal with problems when they encounter them. Students are taught to use the following approach when they encounter difficulties with others:  
**Stop:** Walk away, take deep breaths, calm down, get control  
**Think:** How should I handle this? Ignore them? Say something?  
**Talk:** Calmly tell the person what you don't like and what you expect  
**Reflect:** Resume the activity, walk away, or get help from an adult.

The **Canadian Children's Rights Council** suggests the following strategies for dealing with bullies:

*Hold the anger* – bullies get satisfaction from seeing someone get angry  
*Never get physical or bully back*  
*Act brave, walk away and ignore the bully*  
*Use humour* – get the bully laughing!  
*Talk about bullying*  
*Use a buddy system* – bullies are more likely to bully a person when they are alone

[http://www.canadiancrrc.com/Bullying\\_Canada\\_Resources\\_Provincial\\_Programs.aspx](http://www.canadiancrrc.com/Bullying_Canada_Resources_Provincial_Programs.aspx)

**Kids Against Bullying:**

<http://www.pacerkidsagainstabullying.org/>

**Teens Against Bullying:**

<http://www.pacerteensagainstabullying.org/#/home>

**For Parents**

<http://www.ufv.ca/bccssc/>