

## Tips for reporting an incident

If you feel your child is being bullied, report the situation to the school. In Nanaimo Ladysmith Public Schools, schools are working with RCMP and youth-serving agencies to address bullying.

- Talk to the teacher about the problem if it occurs in a specific class (i.e. gym class).
- Talk to the teacher or principal if the problem is happening in the hallways, on the playground, at the bus stop, or if the problem persists in the classroom.
- Please remember you always have the right to take a support person with you into any meetings, for taking notes, helping you speak or just to listen and offer moral support. This can be your spouse, friend or, upon availability, the DPAC President if you need that support [dpcsd68@gmail.com](mailto:dpcsd68@gmail.com).
- If a resolution is not found, contact the assistant superintendent for your school. If a resolution is still not found, then contact the superintendent.

If you're not satisfied with the district's response, you can make an appeal to the Board of Education. The step-by-step appeal process can be found at [www.sd68.bc.ca](http://www.sd68.bc.ca) under Resources for Parents / Problem solving; you can call 250 356-1404 or email [EDUC.studentappeals@gov.bc.ca](mailto:EDUC.studentappeals@gov.bc.ca).

## Community partners

CUPE Local 606 - RCMP - BCCPAC - VIHA - Nanaimo Crisis Society

## Be informed

DPAC-SD68 is a resource and guidance support system for parents advocating for their children throughout the district. They can be reached at [dpcsd68@gmail.com](mailto:dpcsd68@gmail.com) or on Facebook.

Know the policies, procedures and processes in your child's school and find out what is best for your child's circumstance. Ask for the Code of Conduct from your child's school.

**Procedure No. 3027P - Student Harassment, Intimidation and Bullying** can be found under BOARD / Policies on the district's website [www.sd68.bc.ca](http://www.sd68.bc.ca).

## Guiding questions for a meeting

How can we work together to find a solution?

What steps need to be taken to investigate the incident?

What type of disciplinary action would be considered appropriate?

What can I expect in terms of follow-up and resolution?

Parents should inform the teacher and/or principal if the situation has changed. As a parent, you can expect action and support from your school.

Ask to be kept advised on progress and action, and stay involved in conversations about support for your child.



Brought to you by the District Parent Advisory Council (DPAC-SD68)

# ERASE Bullying

## Bullying A Resource for Parents



## Working together

Nanaimo Ladysmith Public Schools has come together with DPAC-SD68 to bring parents this vital information as a resource.

School staff are well positioned to play a significant leadership role in enhancing the physical, emotional, and psychological safety of children. However, schools cannot do it alone.

The combined effort of students, parents and community members working together with educators to create a school-wide plan is required to develop a school community where students and staff feel respected and parents and community members are welcomed.

## Listening to your child

If you need to report any issue regarding the safety of your child, please take the following steps:

- Let your child do the talking. Listen and take notes. They may only try to tell you once!
- Use open-ended questions. For example - "What did you like the most/least about your day?"
- Paraphrase what you heard them say. It will help them feel understood and connected to you.
- Model empathy so your child knows it is alright to feel the way they do.
- Encourage your child to report what happened to the appropriate person.

## What is bullying

For a situation to be considered a bullying incident, three indicators are usually present:

**Power** – children who bully acquire their power through physical size and strength, by status within the peer group, and by recruiting support of the group.

**Frequency** – bullying is not a random act. It is this factor that brings about the anticipatory terror in the mind of the child being bullied that can be so detrimental and have the most debilitating long-term effects.

**Intent to harm** – children who bully generally do so with the intent to either physically or emotionally harm the other child.

## Bullying, Conflict or Mean Behaviour

Not all incidents of conflict are the result of bullying. Conflict between peers is a natural part of growing up.

**Peer-to-peer conflict** – peers have equal power, are equally upset, both are interested in the outcome

**Mean behaviour** – it is not planned, happens spontaneously, could be aimed at any child nearby, the child may feel badly afterwards

**Bullying** – power imbalance, intention to harm the other person, repeated pattern

## Impact of bullying

While the majority of elementary school children are not involved in bullying, children who bully cause a great deal of suffering to the children they bully, and the effects of this harassment can last well into adulthood.

This behaviour also affects the physical, social and psychological safety of children at school and can create a climate of fear that becomes an obstacle to learning.

Incidents of bullying are frequent occurrences for many children at school and in the community. Children struggle with name-calling, with being picked on, and with exclusion from their peer group.

Frequently, children who are bullied do not know how to respond to this aggressive behaviour.

Bullied children may fear coming to school, and they may believe school to be an unsafe and distressing place.

Bullying in schools is a serious problem for a critical minority of children. It has a detrimental impact on the overall school climate and, particularly, on the right of students to learn in a safe environment.

**Bullying is not just “kids being kids.” Bullying behaviour is intentional and repeated.**