



TCDSB schools promote social responsibility and a sense of belonging for all students.

We recognize and value the role of educators, parents, students and community partners in shaping the Catholic climate, culture and safety of our schools.

Ontario Ministry of Education Definition of Bullying Behaviour

Bullying is typically a form of repeated, persistent, aggressive behaviour that is directed at an individual/s that is intended to cause (or should be known to cause) fear, distress and/or harm to another person's body, feelings, self-esteem or reputation.

Bullying occurs in a context where there is a real or perceived power imbalance.

Bill 212, PPM 144

Bullying behaviour includes, but is not limited to:

1. Any wilful attempt or threat to inflict injury on a fellow student, or
2. Any intentional display of force such as would give the victim/targeted child reason to fear or expect bodily harm, or
3. Any wilful act that has the effect of insulting or demeaning any student or group of students in such a way as to disrupt or interfere with the school's educational mission or the education of any student, or
4. Any wilful act or threat to socially ostracize and/or vilify a student or group of students or to exclude them from relationships and/or activities.

Resources

SAFE@SCHOOL Bullying Prevention Project, Ontario Teachers Federation, 2007

Bullying: We Can All Help Stop It. Ministry of Education, 2009

Bullying Awareness and Prevention Template, TCDSB Safe Schools Dept., 2006

Safe, Caring and Healthy Schools, CPIC, 2007

Toronto's Coalition for the Awareness and Prevention of Bullying

www.edu.gov.on.ca/eng/safeschools/need.html

www.bullying.org

www.canadiansafeschools.com

www.cyberbullying.ca

www.redcross.ca/RespectED

www.integra.on.ca

Integra is a charitable organization dedicated to improving the lives of children and youth with learning disabilities.

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Brochure produced by:

TCDSB Safe Schools Department



Bullying Awareness & Prevention for Catholic Secondary Schools



The Toronto Catholic District School Board

is an educational community formed by Catholic values that is committed to providing a safe, inclusive and healthy learning environment.

“Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body.”

Colossians 3: 14-15

SECONDARY (revised 2011)

Understanding Bullying Behaviour

Underlying most bullying behaviour is an abuse of personal power and a desire to intimidate and dominate others. Bullying can be physical, verbal or relational. Often it takes very subtle forms and can be difficult to detect.

Some examples of bullying include:

- ◆ deliberately hitting, tripping, pushing or hurting another person
- ◆ intentionally damaging another's belongings
- ◆ threatening another person with physical or relational harm
- ◆ name-calling, sneering or gossiping
- ◆ teasing or humiliating another student
- ◆ making fun of another's appearance, size, disability, race, gender, culture, clothing, family, sexual orientation, achievement
- ◆ directing insulting remarks, gestures or actions of a sexual nature towards another
- ◆ isolating others or threatening to exclude them from social events and conversations
- ◆ **electronic bullying** involves the use of information and communication technologies, such as email, cell phones and text messaging, for purposes of intimidation and/or defamation

Victim / Bully / Bystander / Ally

A **victim/targeted student** is someone who is hurt, teased, excluded or threatened by another student or students.

A **bully** is an individual who deliberately tries to hurt, tease, exclude or threaten another student.

A **bystander** is someone who witnesses bullying behaviour.

An **ally** is a person who observes bullying behaviour and intervenes directly or gets help from an adult.

Remember:

Allies can be a powerful resource to others. As members of a Catholic community, the TCDSB encourages students to take responsibility for one another's well-being. If safety is an issue, allies should seek immediate support from a trusted adult.

How can students help?

- ◆ Remember that all students should be treated with respect and included in school-related activities.
- ◆ Recognize that bullying behaviour is hurtful and unacceptable. Resolve to not bully others.
- ◆ Learn safe strategies for intervening in bullying situations.
- ◆ Seek peer support and/or adult assistance when necessary.

How can schools help?

- ◆ Use the Safe Schools Template and tools such as school climate surveys to build a welcoming and inclusive learning environment.
- ◆ Acknowledge family concerns and collaborate to resolve bullying situations.
- ◆ Require all staff to be responsible for supporting bullying awareness and prevention initiatives.
- ◆ Establish clear rules against bullying behaviour and apply consequences following the school's Progressive Discipline Plan.
- ◆ Assure students that reporting bullying is not "ratting". It is an important and responsible action.
- ◆ Provide programs that develop prosocial behaviours such as empathy, assertiveness and conflict management skills.
- ◆ Access TCDSB services and community-based support.

How can families help?

If you suspect that your teen is being bullied:

- ◆ Talk with your child and share your concerns.
- ◆ Listen carefully and show empathy for any feelings of shame or embarrassment.
- ◆ Avoid blame and expectations that one can deal with bullying alone. Work together to resolve or improve the situation.
- ◆ Encourage your teenager to seek help from other trusted adults and friends.
- ◆ Model assertive behaviour rather than aggression as a way to manage conflict.
- ◆ Report your concerns to the school and ask how you can work together to support your son or daughter.
- ◆ Support your son/daughter in developing social and personal competencies.

If there are concerns that your son or daughter is bullying others:

- ◆ Remain calm and be receptive to the information and assistance the school is offering.
- ◆ Discuss these concerns with your daughter or son. Adopt a non-judgmental attitude with a focus on problem solving rather than blame.
- ◆ Be clear that bullying behaviour is unacceptable. Decide on logical, non-violent consequences for improving behaviour.
- ◆ Explore strategies for managing conflict and stress effectively.
- ◆ Access support services through the school and community to promote your adolescent's social development.

