

January 2016

## Information for parents: Bullying and Conflict



### **A bully is someone who...hurts people AGAIN AND AGAIN**

When someone behaves aggressively towards another person and this behaviour continues over time, it is bullying. Bullies are persistent. They learn to use power and aggression to hurt or control others. Those hurt by bullying become more and more powerless in the relationship, often finding themselves trapped in the bully's pattern of behaviour. Bullied children and teens often think, "I don't know how to make it stop. I've tried everything."

Adults may not be aware that they have become bystanders, too, if they don't step in to address the bullying. It is up to adults in our schools and communities to teach children and teens how to connect with others in positive, healthy and respectful ways. The KPR School Code of Conduct illustrates this well. It states:

- "Everyone has the right to be safe and to feel safe, welcome and included at school.
- Safety is everyone's responsibility.
- Everyone in our school community is responsible for promoting safe, caring relationships that respect human dignity. Everyone is responsible for preventing harm.
- Students, staff, volunteers, parents and guardians have additional responsibilities unique to their roles."

If you have concerns that your child or teen is being bullied, please tell us, as soon as possible. Please speak with the teacher, principal or vice-principal, or use our online Report Bullying weblink to let us know, at <http://www.kprschoools.ca/students/reportbullying.html>

*From the Kawartha Pine Ridge District School Board*