

The word **“bullying”** means any repeated direct or indirect behavior, comment, act or gesture, whether deliberate or not, including in cyberspace, which occurs in a context where there is a power imbalance between the persons concerned and which causes distress and injures, hurts, oppresses, intimidates or ostracizes;

The word **“violence”** means any intentional demonstration of verbal, written, physical, psychological or sexual force which causes distress and injures, hurts, or oppresses a person by attacking their psychological or physical integrity or well-being, or their rights or property.

The following actions can be considered bullying and/or violence if they meet the above criteria:

### **Physical:**

- Hitting, kicking, punching;
- Pushing, shoving, spitting;
- Forcing others to hand over food, money or something that belongs to them; and
- Making someone do something they don't want to do.

### **Verbal:**

- Name calling;
- Teasing, insults, putdowns;
- Threatening of any kind;
- Making fun of someone because of their appearance, physical characteristics or cultural background; and
- Making fun of someone's actions.

### **Indirect (social and psychological):**

- Excluding others from the activity or the group;
- Spreading untrue stories about others;
- Making inappropriate gestures;
- Taking, hiding or damaging something which belongs to someone else;
- Sending nasty emails or text messages; and
- The inappropriate use of websites, chat-sites or camera phones.

### **Cyberbullying**

**(Involving the use of Information & Communication Technologies):**

- Threats, Insults, Rumors;
- Identity stealing;
- Harassment, Discrimination, Denigration, Defamation;
- Filtering or online blocking;
- Making inappropriate messages;
- Posting fights, incidents on YouTube or any other social media website.

\*These lists are not exhaustive.

**Bullying and violence must not be tolerated and require intervention should they occur.**

**Bullying is not fighting. Bullying is aggression (imbalance of power) and not necessarily a physical fight. A jostle, a fight, an insult or another threat restricted to two individuals on equal power footing is not considered bullying.**

### **Strategies to Deal with Bullying and Violence**

Our goal is to teach self-discipline and respect – respect for self, for others and for property. Our positive behavior plan aims to teach students to be respectful and kind to themselves and to others.

## **The Members of the Anti-Bullying & Anti-Violence team (ABAV team) for 2017-2018 are:**

S-E Jeanniton, Principal [sjeanniton@swlauriersb.qc.ca](mailto:sjeanniton@swlauriersb.qc.ca)

A. Beaudoin, Behavior Technician [abeaudoin@swlauriersb.qc.ca](mailto:abeaudoin@swlauriersb.qc.ca)

### **Responsibilities of staff:**

- To model appropriate behavior, respecting individual differences and diversity;
- To reinforce the message that bullying and violence are not accepted nor tolerated;
- To treat seriously all reports or observed incidents of bullying or violence;
- To report incidents of bullying or violence to the principal in writing.
- To ensure that students are supervised at all times.

### **Responsibilities of students:**

- To model appropriate behavior, respecting individual differences and diversity;
- To reinforce the message that bullying and violence are not accepted nor tolerated;
- To help someone who is being bullied or hurt;
- To refrain from bullying or hurting others;
- To inform a member of the ABAV team or any adult if they are being bullied or hurt or if they see someone else being bullied or hurt - both at school and on the way to and from school.

### **Responsibilities of parents:**

- To model appropriate behavior, respecting individual differences and diversity;
- To reinforce the message that bullying and violence are not accepted nor tolerated;
- To instruct their children to tell the appropriate adult if they are bullied or hurt;
- To inform a member of the ABAV team if their child is being bullied or they suspect that this is happening.

### **Students who bully or hurt others may face one or more of the following consequences:**

- Meetings with administration with or without parents;
- Reflections;
- Restitution;
- Involvement in a mediation process;
- Involvement in social skill programs;
- Referral to the behavior technician;
- Parents may be contacted by the school;
- Privileges may be withdrawn (e.g. exclusion from the playground or special activities);
- Sanctions outlined in the School's Discipline Policy such as detention and suspension.
- Ultimately, a student could be expelled by the SWLSB Councilor of Commissioners complying with Article 96.27 of the L.I.P

### **Pro-Active Plan:**

- Lessons in the classroom
- Small group programs and special guest speakers (e.g. Power of One, Chris Nilan)
- School Blitz (Pink Shirt day, bus campaigns, International Day Against Homophobia)
- Tell Them From Me Survey

### **How to Report Bullying:**

- Student reports to any member of the ABAV team or any adult;
- Student completes an *Incident Report form* (attached) and places it in the office mailbox;
- Student's parents contact any member of the ABAV team or a staff member;