



A bullying prevention program

BULLY BULLETIN



An initiative of the Highmark Foundation



A NEWSLETTER FOR Moon Area School District PARENTS

ISSUE 1

Dear Parent,

The research is clear—when students feel safe and supported in the classroom, academic achievement improves. We need to continue to explore ways to ensure that all of our schools are learning environments where every Pennsylvania child can reach his or her full potential. It not only makes good sense, but is critical to our future. This involves a collaboration of parents, schools, businesses and community members to help students overcome risk factors that hinder positive development; bullying is one of those risk factors.

Sincerely,

Gerald Zahorchak

Pennsylvania Secretary of Education

The Many Faces of Bullying

Dr. Olweus uses the following definition to describe bullying behavior:

“A person is being bullied when he or she is exposed, repeatedly and over time, to negative actions on the part of one or more other persons, and when he or she has a hard time defending himself or herself.”

Bullying can take many forms. In the Olweus Bullying Questionnaire that our school administered to students last year, and will administer yearly for at least the next two years, there are two general or global questions about being bullied and bullying others, and additional questions about the following nine specific forms of bullying:

- Being verbally bullied
- Being socially excluded or isolated
- Being physically bullied
- Being bullied through lies and false rumors
- Having money or other things taken or damaged
- Being threatened or forced to do things
- Racial bullying
- Sexual bullying
- Cyber bullying (via cell phone or Internet)

As part of HALT! A bullying prevention program at Moon Area School District, we will be responding to reports of alleged bullying. Equally as importantly, we will engage students in discussions and activities that help prevent bullying by building relationships. We know true bullying prevention does not mean discipline alone, but must include proactive efforts over time and partnerships between school, home and community.

This information was taken from “Recognizing the Many Faces of Bullying” as it appears in the Olweus Bullying Prevention Program Schoolwide Guide.

Think About It

“You must be the change you wish to see in the world.”

Mahatma Gandhi, 1869-1948

Indian leader and teacher of non-violence

How is being the change different from talking about change?

Source:
T.R.U.E. Cards...Life Lessons
Heartwood Institute
www.heartwoodethics.org

Additional Resources

www.clemson.edu/olweus

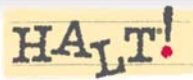
This website provides background information about the Olweus Bullying Prevention Program (OBPP), including FAQs and a history of the program’s development.

www.hazelden.org/olweus

This website also provides background information regarding the OBPP as well as specific details about the materials used with the program.

www.stopbullyingnow.hrsa.gov

This is the official site for the “Take a Stand. Lend a Hand. Stop Bullying Now!” Campaign. It provides numerous resources and activities for young people and adults.



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Moon Area School District Kicks Off Olweus Bullying Prevention Program

Allard, Bon Meade, Brooks Hyde, McCormick Middle School High School

Tips for Parents

If you suspect that your child is being bullied there are many simple, yet important, things you can do.

- Talk to your child's teacher. He or she has been trained in how to deal with bullying issues.
- Tell your child that bullying is wrong and it is not his or her fault.
- Talk to your child. Tell him/her that you are concerned and ask specific questions, such as, "Are you being picked on at school?"
- Control your own emotions. Take a deep breath and think about what you will do next.
- Support your child. Do not ignore it. This sends the message that bullying is okay.
- Encourage your child to spend time with friendly students in his or her class.

Approximately 150,000 children miss school everyday due to fear of being bullied; take time to check in with your kids.

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Made Possible By Highmark Healthy High 5

Highmark Healthy High 5, an initiative of the Highmark Foundation, has a mission to promote lifelong healthy behaviors in children and adolescents ages 6-18 within the Foundation's 49-county, Pennsylvania service area. The initiative centers around five areas of focus critical to children's health—Nutrition, Physical Activity, Grieving, Self-Esteem, and Bullying Prevention.

The HALT! and PA CARES bullying prevention programs are funded exclusively through Highmark Healthy High 5.

For more information, visit
www.highmarkhealthyhigh5.org.