



Bullying

Bullying can be physical, verbal, social and relational, or electronic (cyberbullying).

It's really important for schools to have a clear and shared definition of bullying.



4 essential characteristics of bullying

+ Behaviour is mean and harmful

+ Behaviour is repeated, persistent and ongoing

+ Behaviour is deliberately intended to cause harm, fear, or distress

+ There is a perceived or real power imbalance between perpetrator and victim

NOTE: not all aggressive or harmful behaviour is considered bullying

Steps schools can take to prevent bullying



Take students' requests for help seriously and intervene immediately



Promote positive relationships between teachers and students



Talk openly to students and their families about bullying and its consequences



Talk about what are acceptable and unacceptable behaviours in person and online



Establish a safe school environment with clear and consistent expectations for behaviour



Promote inclusion and acceptance throughout the whole school