Anti-bullying + Wellness Resources

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It is important to distinguish between bullying and mean behaviour.

- It's important to know and discuss with children the difference between bullying and single acts of aggression or conflict. Not all mean or rude behaviour is bullying.

- Understanding the difference helps when it comes to knowing how to intervene.

What is bullying?

- Bullying is a repeated pattern of aggressive behaviour where someone in a position of power intentionally seeks to hurt others physically, verbally or emotionally (from Vanessa Green Allen, 2018, p. 2).

- Bullying is a persistent pattern of unwelcome or aggressive behaviour that hurts others physically and/or emotionally. For a situation to be considered a bullying incident, three indicators are usually present: 1) power; 2) frequency; and 3) intent to harm (from Erase website).

Anti-bullying resources

Erase website:

- https://www2.gov.bc.ca/gov/content/erase

- https://www2.gov.bc.ca/gov/content/erase/bullying

- *The No More Bullying Books for Kids* by Vanessa Green Allen

- *One* by Kathryn Otoshi

- *Simon's Hook: A Story about Teases and Put-Downs* by Karen Gedig Burnett

Additional Resources

- *Me and My Feelings: A Kid's Guide to Understanding and Expressing Themselves* by Vanessa Green Allen

- *I Am Human: A Book of Empathy* by Susan Verde

- *Ishi: Simple Tips From a Solid Friend* by Akiko Yabuki

- *The Thankful Book* by Todd Parr

- *Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids* by Carol McCloud

What to do if/when bullying continues to happen?

There is a self-report tool available on the Erase website.

I have shown the upper intermediate students (Grades 6 and 7s) how to use the self-report tool. Reporting is anonymous. Younger students could also submit a report with the help of a parent. The report is sent to the school administrator as well as to the District's safe schools coordinator.

Here is a link to the self-report tool. You can explore the tool without submitting a report if you wish to see how it works.

https://erasereportit.gov.bc.ca/

This is an excellent tool and I encourage students to use if when they have a concern. Older students are often seeing things online and this is way for them to report something that is worrisome while at the same time remaining anonymous. The purpose of the reporting tool is to keep everyone at school safe.