

Bullying Prevention Plan

Every student at Gregory School should know:

1. The definition of **Bullying**. Bullying is when a more powerful person hurts or frightens a weaker person deliberately. A more powerful person is not necessarily a bigger or physically stronger person.

Bullying vs. Normal Conflict. Normal conflict is between two people with equal power (ex: two good friends who have hurt each other's feelings).

2. Understand the **Role of a Bystander**. If someone watches bullying and doesn't speak up or if someone laughs at what the bully is doing so they s/he isn't picked on next, that person is being a bystander. Bystanders need to speak out against bullying.

3. The difference between **Tattling and Telling**.
Tattling: getting someone in trouble, butting into someone's business. Telling: getting someone out of trouble, telling an adult about a student

breaking a rule that is really important or about safety.

4. **Who to report** incidents of bullying to: Classroom teacher, lunch aide, Mrs. Thompson (principal), instructional aide and/or Mrs. McIntosh (school counselor).

5. How to give an **I-Message**.

I feel -----, when you -----. I want you to -----.

“I” Messages solve problems. “You” messages place blame.

(ex: You always hurt my feelings)