

How can parents and guardians support the program?

Discuss, with your child, the rules that will be enforced and displayed at York Catholic High School:

Classroom Rules:

- We will not bully other students.
- We will help other students who are bullied.
- We will include other students who are left out.
- If we know of someone who is being bullied, we will responsibly report it to a teacher or another adult at school and adults at home.

Also:

If you think your child is being bullied, ask your child. Many children won't volunteer this information. Write down any and all details.

If your child tells you that he or she is being bullied at school, believe your child. Again, ask for details and write them down.

Contact the teacher immediately.

Request a meeting to share the information provided by your child. Get the teacher's perspective so your child can be helped in any way possible.



Committee Members

Miss Kelly Anderson
Mrs. Mary Anne Burnside
Mrs. Eva Hess
Miss Heather Hoffman
Miss Jamie Karge
Mr. Michael Keesey
Mrs. Kathleen Weichert

York Catholic High School

601 E. Springettsbury Avenue
York, PA 17403
Phone: (717) 846-8871
www.yorkcatholic.org



BULLYING PREVENTION PROGRAM



*Information for
Parents*

Bullying Prevention Program “Cool To Be Bully Free”

GOALS:

- Increase the amount of responsible reporting.
- Increase the amount of *positive* peer support.
- Decrease the number of bullying incidents by 50% thereby creating a safer, more comfortable place for children to learn and adults to teach.

HOW:

- **By training every adult** in the building with a thorough knowledge of bullying prevention and specific strategies to intervene immediately, effectively, and with consistency.
- **By training every student** in the building with an “emotional understanding” of the destructiveness of bullying to its victims, students will learn bullying prevention strategies through planned discussions and activities.
- **By reinforcing the firm and clear** message that bullying is not acceptable and will not be tolerated at York Catholic High School.
- **By working with and caring for the victims** of bullying as well as the bullies.
- **By providing information to parents and guardians** to help them “bully proof” their children.

Test Your Bullying I.Q.

1. Define bullying:
 - a. Physical or psychological harassment
 - b. Tormenting, aggressive, malicious behavior
 - c. Actions that go on for some time
 - d. All of the above
2. Bullying....
 - a. Is disturbing and destructive to its victims
 - b. Has potential long-term effects
 - c. Is a strong need for power and dominance
 - d. All of the above
3. Identify a common bullying tactic
 - a. Verbal put-downs (name calling, taunting)
 - b. Physical (pushing, hitting, kicking)
 - c. Emotional abuse (isolating someone)
 - d. All of the above
4. What does a bully look like?
 - a. Boy
 - b. Girl
 - c. Important not to have preconceived idea
 - d. All of the above
5. Where does bullying occur?
 - a. School locker rooms
 - b. Restrooms
 - c. In a classroom
 - d. All of the above
6. Common reasons for being bullied?
 - a. Students who “just do not fit in”
 - b. Physical weak and vulnerable
 - c. Clothing, facial appearance, weight
 - d. All of the above
7. What can a school do?
 - a. Talk seriously with the bully, victims, parents
 - b. Offer counseling, strategies and monitoring
 - c. Develop consequences (consistent and timely)
 - d. All of the above
8. The parents of a victim/bully should ...
 - a. Promote “zero tolerance” of bullying
 - b. Work with school to change behavior
 - c. Be open to professional advice
 - d. All of the above
9. A successful Bullying prevention program ...
 - a. States bullying will not be tolerated
 - b. Makes bullying reporting a must
 - c. Shows real compassion to a victim
 - d. All of the above
10. Goals of a Bullying prevention program ...
 - a. 50% reduction of victim/bullying cases
 - b. 50% drop in anti-social behaviors
 - c. Students and staff report a better social climate
 - d. All of the above

Congratulations! If you answered “D” for all of the questions, you already have a good foundation for understanding what bullying is and how important it is to have a **Bullying Prevention Program** at York Catholic High School.