

Benson Bullying Rules

- I will not bully others.
- I will try to help students who are being bullied.
- I will try to include students who are left out.
- If I know that somebody is being bullied, I will tell an adult at school and at home.

**Support &
Report**

**"Do Amazing
Things"**

Mission

We are committed at Benson School District to create a bully free environment.

RESPECT for others plays a critical role in the development of every student who attends our schools.

If you have any questions or concerns, please feel free to call, email, or schedule an appointment to meet with your child's teacher or principal.

Together, we can provide a safe environment for our children to learn.

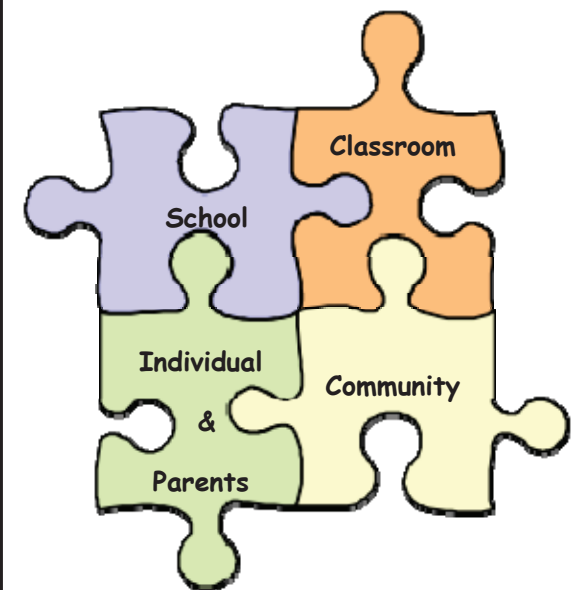


For more information contact:

*Mr. Lee Westrum - Superintendent
Mr. Dennis Laumeyer - HS Principal
Mr. Brad Johnson - Elem. Principal
Mrs. Lori Martin - Olweus Coordinator*

Benson Braves Bullying Prevention Program

An Olweus Program School



Benson School District

**"Great Students Demonstrating
Great Behaviors!"**



Goals

of the Olweus Program

- To reduce existing bullying problems among students
- To prevent the development of new bullying problems
- To achieve better peer relations at school
- To create a healthy learning environment for all students

Definition of Bullying

"Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending him or herself."

3 Things To Remember When Dealing With a Bully

Talk - Tell them to stop

Walk - Walk away and/or ignore them

Go - Find an adult and let them know what is happening.

Effects of Bullying

On School Climate

- Creates a climate of fear and disrespect
- Interferes with student learning
- Students may feel insecure and lose interest in school
- Students may perceive a lack of control and/or caring

On Students Being Bullied

- Lower self esteem
- Depression and anxiety
- Absenteeism and lower school achievement
- Thoughts of suicide
- Increased illness

How to Respond...

- Take your child seriously
- Talk to your child's teacher/principal/counselor not the bully or the bully's parents.
- Teach non-violent ways to deal with the bully.
- Help your child act with self-confidence
- Don't encourage your child to fight

Concerns about Children Who Bully

Children who bully are more likely to:

- Get into frequent fights
- Be injured in a fight
- Steal and or vandalize
- Drink alcohol and/or smoke
- Report poorer academic achievement
- Be truant and/or drop out of school
- Have negative feelings about school
- Carry a weapon

How to help Your Child Stop Bullying...

- Take it seriously. It is not a passing phase.
- Talk to your child to find out why?
- Help build empathy for others and teach your child about how it feels to be bullied.
- Talk to your child's teacher/principal/counselor
- Ask yourself if someone at home is bullying your child.