

At Ste-Foy Elementary, we talk a lot about being safe, respectful and responsible.

We have rules and expectations in school so we all know what we need to do to make sure that we stay safe.

But sometimes people forget to be nice to each other, so what can we do?

If someone is being mean to you, try to remember to use the HA, HA, SO strategy



HA HA SO STRATEGY

H - Help - Ask students, teachers, and parents for help.

- Sometimes it is best for a victim to ask other people to help him or her handle the bully. Victims may go to friends, teachers, parents, or other adults for help.

A- Assert Yourself - When someone picks on you, you can say "Please stop that. I don't like it."

- It is important for the victim to be assertive when dealing with a bully. The best way to do this is by using an "I-Statement."

H- Humor - You can try to find a funny way to deal with the bully

- Remember that the bully wants to make you upset. So, instead of getting mad, try using a sense of humor. Be ready with a joke ("Hey, have you heard the one about...?") You could also say something silly or ridiculous to the bully. For example, if the bully says, "You're not cool," you could reply, "You're not my earlobe," and walk away. You will leave the bully scratching his or her head and wondering why they can't upset you.

A - Avoid - Stay away from kids who are mean

- Try to stay away from a bully as best as possible. One example is that if a bully is over playing in the grass at recess, you could play on the playground equipment instead. Avoiding works because if you are not near a bully, he or she can't bully you.

S - Self Talk - When someone is mean to you, say to yourself, " I'm okay. This is their problem, and I know that bullying is wrong."

- "Self-Talk" means thinking in your head. If you are being bullied, think of good things about yourself so that you can still feel good about yourself even if a bully is picking on you. It's kind of like playing a recording in your head that tells you that you are a great person despite what the bully thinks. Here are some examples of self-talk:
 - "I don't care that Ted called me stupid. I know that I just got an A on my science test."
 - "I know I'm not snotty like Suzie says. I always try to be friendly to people and think of other people's feelings."

O - Own It - Deflect a put-down by owning it. For example, if some says, "That's an ugly dress." You can say, "I don't like it either, my mom made me wear it."

- Sometimes what the bully says to you might be true, so you can "own" the comment. An example would be that if you are being made fun of for wearing glasses, you could respond by saying, "All the better to see you with." You can't deny you are wearing glasses if you are wearing them, but you don't have to be ashamed of it, either.



**You saw an incident involving bullying or violence and you want to report it ...
What do you do?**



- You can go to <https://goo.gl/TMof7W> After filling out the information, click on Submit and the behaviour technician will receive the report in his or her emails.
- See the behaviour technician to pick up a form.

**You can talk to an adult AND to your parents at any time.
We can help - You are never alone!**



Student victim of bullying - What can you do to make it stop?

- Waiting only makes it worse. Act right away and file a report!
- Stand firm! It might be difficult, but stay calm and do what you have to do.
- Stay with your friends. If it is possible, stay with friends you can count on. As part of a group, you are less likely to be bullied and you will be better able to defend yourself.
- Listen up! Do something! Bullying is serious and must NEVER be tolerated.
 - Do not wait. Find an adult who you trust (a parent, principal, behaviour technician, teacher, psychologist, caretaker, supervisor) and tell them what has happened.
 - Defending yourself is okay, but sometimes it is not enough.
 - You are not a 'snitch' if you report bullying, you are someone who deserves respect.
 - You can always go to the school office and report an occurrence of bullying.
 - You can speak to the principal, the behaviour technician or your teacher.
- **If you sense an immediate danger to your safety, if you are a victim of a criminal act, or if someone is threatening you, don't hesitate one minute – tell a trusted adult who will help you contact the police if necessary.**

Are you being bullied on social media, by texting or by cell phone?

How can you make it stop?

Protect yourself

- Keep your passwords a secret and give your phone number or your email address only to those you trust.
- Refuse any invitation or request to be 'friends' that come from an unknown source.
- Keep contact with your friends outside of the online world (young people less than 13 years are not allowed to have their own Facebook account).



Act

- **STOP** immediately any response to threatening messages
- **AVOID** sending an insulting or menacing reply, because it could come back to haunt you.
- **BLOCK** the address contact information of anyone threatening you. That includes on social networks, email or cell phones where you can delete or block individuals, addresses or numbers.
- **TALK** about the situation with an adult you can trust (e.g. parent, principal, teacher, psycho-educator, psychologist, coach, caretaker, supervisor).
- **TRACK** the addresses where the threatening messages originate.
- **SAVE** all the threatening messages that you receive, whether by email, text or instant message.
- **TELL** an adult confidentially of any threat or situation where you feel your safety has been severely compromised (the adult will decide if you need to go to the police).



STOP
cyberbullying

Student Witness - What do you do if you witness bullying?

You have a big responsibility if you witness bullying because your reactions can encourage or discourage the aggressor. If you just stand by as a spectator, you are part of the problem and make the situation worse.

- **Bullies are looking for attention.** If you do nothing when someone bullies someone else, you simply encourage the bully, who thinks it is okay to continue. Instead of just standing by and watching, do something about the situation. Tell the bully to stop if you feel safe, otherwise go and look for an adult.
- **Be part of the solution.** Your role is important. You do not have to be part of the problem by staying quiet or by encouraging the bully, which just makes matters worse.
- **You are not a 'snitch' when you report bullying.** A 'snitch' is not someone who steps in when another person is in harm's way. When you tell an adult that a friend or someone you know is being bullied, you HELP victims and you contribute to protecting them.
- **If you feel safe, MAKE YOURSELF HEARD.** If you feel it is safe to do so, confront the bully and defend the victim.
- **Do not stay silent.** Offer assistance to the victim, show your support, invite the victim to share activities at school or outside of school hours.
- **Never encourage anyone to bully someone else.** Comfort the person being bullied, show the victim that you support him or her, that you are on their side and that you don't agree with what has happened.
- **Even if you are hesitant to step in directly, you can still TAKE ACTION.** Warn an adult whom you trust (a parent, principal, teacher, behaviour technician, psychologist, caretaker, supervisor).
- **At any time you can contact the school office about an incidence of intimidation by filling in a Report Form yourself or by helping the victim make the report.**

What should you do if you see a case of cyberbullying?

cyberbullying
hurts

- **REACT** when you notice your friends are being harassed by others.
- **PROTEST** everytime you see it happen. If you protest, you can help ensure that it stops.
- **REFUSE** at all times, to pass along or resend an image, video or message that is offensive to someone.
- **SAVE** any threatening messages as proof of what you have seen.
- **REPORT** incidents to a trusted adult .
- **WARN** a trusted adult when you think the cyberbullying is more dangerous and serious (the adult will decide if you should report this matter to the police).

Have you been acting like a bully? Do you want to stop?

- **SPEAK** to your teacher about it. He/she will help you.
- **SEE** the behaviour technician. He/she can teach you some techniques to help you change your behaviour.
- **SPEAK** to your parents.

