



DEFINITION OF BULLYING

Alberta Education defines bullying as the following:

Bullying is a relationship problem. It is the assertion of interpersonal power through aggression. Bullying involves:

- repeated and consistent negative actions against another
- an imbalance of power between the bully and the target
- contrasting feelings between the bully and the target as a result of the bullying episode (the child who bullies may feel excited, powerful or amused, while the target feels afraid, embarrassed or hurt).

The four most common types of bullying are:

- **Verbal Bullying** name calling, sarcasm, teasing, spreading rumours, threatening, making references to one's culture, ethnicity, race, religion, gender, or sexual orientation, unwanted comments.
- **Social Bullying** mobbing, scapegoating, excluding others from a group, humiliating others, damaging someone's social reputation, gestures or graffiti intended to put others down.
- **Physical Bullying** hitting, poking, pinching, chasing, shoving, coercing, destroying, unwanted sexual touching.
- **Cyber Bullying** using the internet or text messaging to intimidate, put down or spread rumours about someone.

CONSEQUENCES OF BULLYING

- This five-step process is meant as a guideline for school officials, parents and students
- Depending on individual circumstances these guidelines may be altered by school administration ñ students may be placed at any step in the process
- As with all school matters, parents can appeal school actions to the principal or the School Board

Steps	Sanctions	Conditions for Reinstatement
Step 1	• Discussion with an administrator regarding inappropriate behaviour • Notification to student and parents / guardians of this policy and level that the student has been placed	• Student must write a letter of at least 100 words explaining why bullying is unacceptable • Student must write a letter of apology to the victim
Step 2	• 2 day suspension from school • Notification to student and parents / guardians of this policy and level that the student has been placed	• The student must meet with school administration • Student must write a letter of apology to the victim • The student must meet with the school counselor
Step 3	• 3 day suspension from school • Notification to student and parents / guardians of this policy and level that the student has been placed	• The student and parents / guardians must meet with school administration • Student must write a letter of apology to the victim • The student must meet weekly with the school counselor
Step 4	• 5 day suspension • Notification to student and parents / guardians of this policy and level that the student has been placed • Closed campus for student or alternative placement	• The student and parents / guardians must meet with school administration • Student must write a letter of apology to the victim • The student must meet weekly with the school counselor • The student must meet with school resource officer
Step 5	• Withdrawal from classes • Alternative placement • Possible recommendation for expulsion	

STATEMENT OF STUDENT UNDERSTANDING

Name: _____

Date: _____

I have read the Catholic Central High School *consequences of bullying* policy and discussed it with a member of the school administration. I understand:

- ☐ The definition of bullying
- ☐ All of the steps, consequences and conditions for reinstatement listed in the policy
- ☐ I am currently placed at step # _____ of this policy
- ☐ If I am with others who are engaging in bullying behavior, then I am also deemed to be engaging in bullying behavior
- ☐ The consequences listed in this policy are guidelines ñ the school can move me up to any step depending on the circumstances

Student Signature