



Fort McMurray Composite High School

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"WORKING TOGETHER TOWARDS EXCELLENCE"



Bullying Awareness and Prevention Policy

A priority for Fort McMurray Composite High school is to provide every student with a safe and caring school environment that fosters and maintains respectful and responsible behaviours.

According to Alberta Education, www.education.alberta.ca, bullying is not a normal part of growing up nor does it build character. It is a learned behaviour that hurts everyone—those who get bullied, those doing the bullying, and the people watching. It damages our school and community. 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.
- A contrast of feelings between the bully and the target as a result of the bullying episode.

The four most common types of bullying behaviour are:

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

Student Responsibility

Every student has the right to feel emotionally and physically safe at school and outside of school. As a member of Composite High school community I will do everything I can to create and promote a safe and caring school environment.

I agree to:

- **Be part of the solution.** If I am watching a bullying incident, I have the power to speak up to stop it. I will not be the audience the bully wants, and I, along with everyone else, has the power to stop bullying.
- **Tell someone I trust if I'm being bullied.** I will not stop telling until I get help. Adults *can* help, and I will find one that will listen and act on my behalf.
- **Get involved in my school's bullying-prevention initiative.** I can take part in working groups and school committees, speak about bullying prevention at assemblies, join in events like workshops and role-playing that teach bullying-prevention skills, and be a leader for our younger students.
- **Contact Administration, Student Services, Bullying Hotline (1-800-456-2323), or Alberta Education Bullying Prevention website: www.b-free.ca if I have questions about bullying or the information in this form.**

Violation of policy may be subject to discipline and possible criminal charges.

Student Signature: _____ Date: _____

Parents Responsibility

I have read the above information and have reviewed it with my child, I have advised him/her to report any bullying to an adult. I have also reviewed with my child access to the bullying hotline: 1-800-456-2323 and the Alberta anti-bullying website: www.b-free.ca.

Parent/Guardian Signature: _____ Date: _____