## Olweus Bullying Prevention Program

## **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 himself or herself.

## **3 Major Components of Bullying**

- 1. Bullying is an intentional, negative act
- 2. Bullying is usually repeated behavior
- 3. Bullying involves a power imbalance

## **ANTI-BULLYING RULES**

- 1. We will not bully others.
- 2. We will help students who are bullied.
- 3. We will include students who are left out.
- 4. We will tell and adult at home and an adult at school if we know that somebody is being bullied.

