

Saturday, February-19-11

Waterloo Region Board of Trustees  
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This is a personal case study based on the current issues surrounding someone in my family who was bullied at one of your schools.

<b>Bully</b>	<b>The Bullied</b>
One Day suspension	No apology given
	Transfer to Another School
	Loss of self worth
	Weight gain of 20 pounds
	Loss of friends
	Loss of trust
	Inability to have the same educational support due to the lack of Special Education assistance at Southwood.
	Fear of failing academically
	Suspicious of People and their motives – even friends that have been around since childhood
	Loss of Family Happiness
	Loss of \$40,000 of family income
	Inability to support family member with counselling due to loss of Family income
	Reliance on Lutherwood
	Reliance on Mental Health

## **Possible Solution to Bullying**

In an article written, for the Cambridge Times, on December 20<sup>th</sup>, 2010, I wrote about the responsibility of the bully's parents. The retraining should start at home, not within the schools. The school's have no control of the bullying behaviour taught within the household. Much of today's generation, looks at our children's lack of compassion and "pays it forward" to blame someone else's disabilities or inabilities.

It is my considered opinion that bullying will never cease unless we take the parent out of the home, rob them of their time, and train them on what bullying does to another person. Whether it's child bullying, workplace bullying, or even bullying within the home, an "a-ha" moment must hit them before they can resolve their own issues.

- Bullying is not constant. It can also be a uprising between friends based on a situation (a current break-up of friendships, taking sides, seeing the person in a different light based on what's happening in the bully's world)
- Bullying will never be resolved with a one day suspension. It's a day to spend on Facebook, MSN and Formspring. It's a day to plan their next plan of attack. It only makes the bullied more scarred.
- Bullying will never be resolved unless an enforced policy be set in place that an immediate apology is warranted.
- In my experience, bullying is not solved parent to parent, therefore, we need to rely on the school to prevent another child from becoming another suicide statistic.

The exercise that works for me when explaining bullying to another adult is for them to consider a nasty or hurtful message that they perceive to be "unkind". Then, as an adult, think about the repercussions in our daily life.

- In the workplace, you'd probably be written up, lose a client or be fired.
- In your marriage, it could possibly be classified as emotional abuse.
- With your children, Family and Children's services wouldn't hesitate to come knocking at your door.

So, I ask, why do our children have to sustain this abuse? Should the classification of bullying change to emotional abuse for people to finally get it?

### **My Suggestion**

This suggestion was brought forward to Mental Health on February 17<sup>th</sup> during a very frustrating moment. The response to my suggestion was followed by “Why aren’t you taking this to the school board?”

I firmly believe that an immediate suspension to the bully is in order. No less than 7 days. An immediate assembly to discuss bullying with the entire school should be in order. An announcement of sorts that says “Something happened, were dealing with it, and this is protocol if you bullied too.”

During this time or within one month, both parent and bully will attend an eight hour session on bullying. This eight hour session will be composed of recognizing the words or actions said, writing a heartfelt apology, listening to brave students and parent’s who have experienced bullying first hand, listening to previous bullies who are willing to admit their faults and the damaged caused by their actions.

A parent’s time is vital; especially a parent who is adamant that their child did no wrong. There is an underlying issue between their time for their child and their child’s bullying.

### **Social Networking Prevention Team**

Once the bullied has been reprimanded, a social networking team, should be on guard. If I can do it as a parent, then the school board can do it to protect a child. I go to any length to see what is being said about my children, including setting up Google Alerts.

As crazy and obsessive as it sounds, the school board has the ability to nip it in the bud, where myself as a parent, it only enrages me more with the inability to do anything.

We can easily dismiss this issue and tell the bullied to stay off of Facebook, Formspring (the biggest bullying site out there), MSN, and other social media websites. However, this is today’s day and age. It’s like our parent’s telling us that we cannot go to the roller rink on Saturday afternoon back in the 80’s.

Furthermore, the social networking team can go from school to school, guiding students.

- What’s the difference between a Facebook friend and a friend?
- The repercussions of Formspring and Twitter, and how to set your settings to avoid anonymous bullying.
- Blocking people off chat sites and the possibility of recording messages.
- Good Social Networking vs. Bullying Social Networking.

After this bullying incident, I can provide names of students who should be watched for bullying and other's who are in a very delicate mental situation, even without a social work degree.

I truly believe that local Counselling Services and other organizations will support such an effort. Bullying is a universal disease that must be minimized to support our growing population of emotional children. Social networking has thwarted their ability to communicate head on, which has made even males, more emotional than ever.

We need to help our children and I firmly believe something of this nature will not only assist the bully, but will assist the bullied in finding closure.

I will devote all of my unemployed time in assisting in an effort such as this. Putting an end to bullying and the "after shock" of bullying is much more important to me right now.