



**CONTACT:** 013012-Bullying  
Greg Davy  
Communications Specialist  
(757) 603-6480

## **ALL WJCC SCHOOLS PARTICIPATED IN BULLY PREVENTION MONTH EFFORT**

Williamsburg, VA, Jan. 30 – WJCC students and families from all schools learned about the causes of bullying, how to identify it when it occurs, and how to prevent it through a variety of activities and workshops that took place during Bullying Prevention Month in January.

### **Elementary Schools**

Awareness activities included:

- Having guidance counselors work with students on how to identify different kinds of bullying, and what to do if they see it happening.
- Showing proper ways to defend yourself from physical bullying.
- Delivering short messages during morning announcements.
- Participating in role-playing skits.
- Holding lunchtime discussion groups.
- Handing out booklets and bracelets with anti-bullying messages on them.
- Creating class quilts.
- Holding anti-bullying poster contests.
- Having students sign an “anti-bullying pledge,” then taking it home to discuss with parents.

### **Middle Schools**

Activities included:

- Developing a set of classroom lessons utilizing the book, “Bully Proofing Your School: A Comprehensive Approach for Middle Schools,” with an extensive lesson with 6<sup>th</sup> graders that discusses the definition of bullying, ways students bully, and the difference between bullying and normal conflict.

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- Using the “Matrix of Consequences,” designed to provide parents and students with information on the different levels of bullying and the possible consequences that may be put in place for each level.
- Providing self-esteem and social skills groups as a bullying prevention component.
- Starting a group of students that will serve as an anti-bullying group as well as support group for those affected by bullying.

### **High Schools**

Activities included:

- Talking with incoming freshmen about bullying prevention during their initial "meet the freshmen" appointments.
- Forming student groups that employ the "No Bystanders" idea regarding bullying prevention.
- Creating a Bullying Prevention Committee made up of both staff and students to work on bullying issues.
- Having seniors mentor incoming freshmen.

“During Bullying Prevention Month, WJCC has focused much attention, education, and discussion on the important topic of bullying, but the awareness and continued community discussion won’t end on January 31,” said Dr. David Gaston, Senior Director of Specialized Educational Services. “Helping our families and schools develop a common understanding of what bullying is, and what it is not, and how we can more effectively address and eliminate its effects will continue to be a major focus for our division so that our children can learn more effectively in school.”

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