

*Students in Belleisle Elementary School  
"Tell Them From Me" about  
Bullying and School Safety — Elementary (2012-13)*



A safe school environment is critical for students' learning and well-being. Schools are safer when school staff, students, parents and community agencies work together to prevent bullying and exclusion. **Bullying** is when a person tries to hurt another person, and does it more than once. It can be physical, verbal, or social, and can also take place over the internet with emails or text messages. The bully usually has power over the person being bullied, such as when the bully is bigger physically or more popular. Sometimes a group of students will bully others. **Exclusion** is when students feel excluded or treated unfairly at school because of ethnic or cultural background, social class, religion, disability, or other perceived categorical boundary. Exclusion is a form of bullying, and often students that are excluded are victims of other forms of bullying. Students who are bullied are prone to experiencing low self esteem, anxiety, depression, and disaffection from school. In extreme cases bullying can lead to suicide.

**Key Findings from the Research**

- Twenty-two percent of Canadian students indicated they had been bullied in at least two ways during the previous four weeks. These results are based on data from over 30,000 students that completed the elementary *Tell Them From Me* survey in 2012. Verbal and social bullying were the most prevalent forms of bullying; about one-quarter of all students reported being bullied in these ways.
- Schools vary in their reported prevalence of bullying. In 2012, the average prevalence of bullying was 22%; however, it varied from 0% to 63% among elementary schools. One-half of all schools had a prevalence between 17% and 29%.
- There are several actions schools can take to prevent bullying and exclusion. School staff must be able to recognize different forms of bullying and be willing to step in when they observe a student being bullied.<sup>1</sup> Positive school policies and practices can make it safe for students to report bullying when it occurs and ensure that there are clear consequences for bullying that are consistently enforced. Schools can help equip students with appropriate strategies to deal with bullying and exclusion.<sup>2</sup>
- Bullying begins early. The *Tell Them From Me* survey data suggest that from grade 4 through to grade 9 the prevalence of bullying ranges from 21% to 28%. After grade 9, the prevalence declines, but only down to 19% by grades 11 and 12.
- Data from students can help school staff develop positive practices and policies.

Students from Belleisle Elementary School completed the *Tell Them From Me* survey which included questions about school safety, bullying and exclusion. This report summarizes their views.

## 1. The prevalence of school bullying

The literature distinguishes between bullies, victims and those who are both bullies and the victims of bullying.<sup>3</sup> The percentage of students who report being victims of bullying is a useful school-level measure of the extent of bullying and its potential effects on youth. Students' reports of taking part in bullying and students' accounts of witnessing bullying are less useful as a school measure, because even a single incident of bullying may be seen or talked about by a wide range of students.

*Tell Them From Me* classifies students as being moderate or severe victims of bullying based on their reports of being victims of physical, social, verbal and cyber bullying in the previous four weeks. Figure 1 shows the prevalence of bullying in Belleisle Elementary School for all students, and separately for boys and girls, compared with the national average.

**Figure 1: Prevalence of bullying at Belleisle Elementary School**

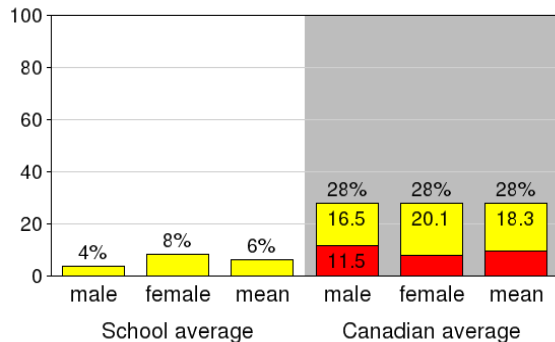
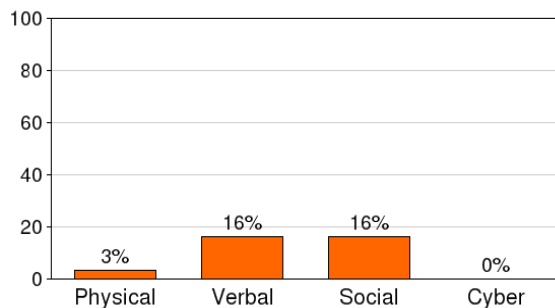


Figure 2 indicates the types of bullying most often experienced by the students at Belleisle Elementary School.

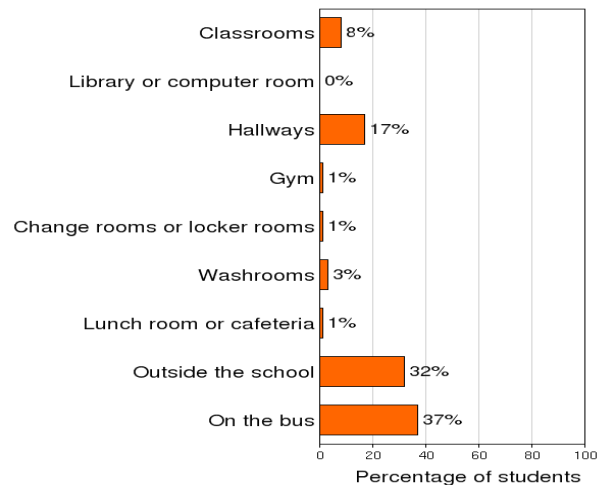
**Figure 2: Bullying by Type at Belleisle Elementary School**



## 2. Where and when bullying occurs

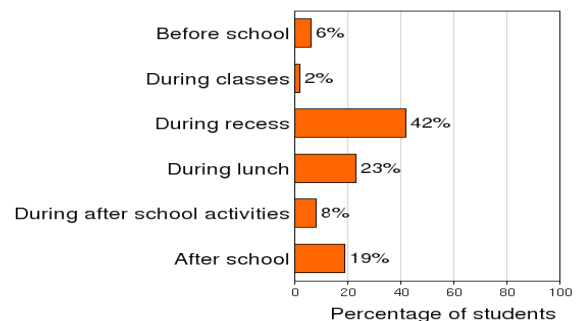
Bullying tends to occur most frequently in classrooms, hallways and the lunchroom, but this can vary among schools.<sup>4</sup> Students quickly learn where the 'hot-spots' are, which tend to be places where there is inadequate supervision.<sup>5</sup> Students at Belleisle Elementary School were asked where bullying happened most often in and near their school. The results are shown in Figure 3.

**Figure 3: Where bullying occurs at Belleisle Elementary School**



The students at Belleisle Elementary School were also asked when bullying most often occurred. Figure 4 displays the results.

**Figure 4: When bullying occurs at Belleisle Elementary School**



### 3. How students respond to bullying

Students in Belleisle Elementary School who reported being bullied in the past four weeks were asked what they did the last time they were bullied. Figure 5 summarizes their responses.

**Figure 5: How students respond when bullied at Belleisle Elementary School**

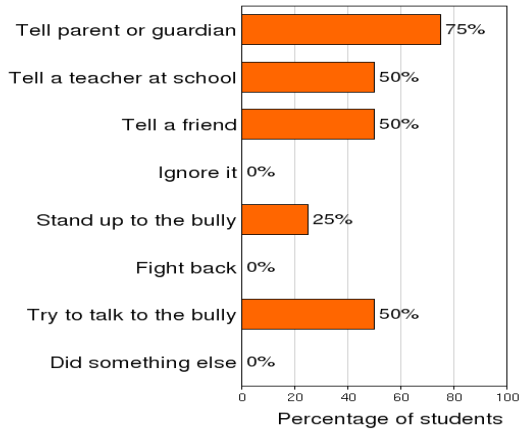
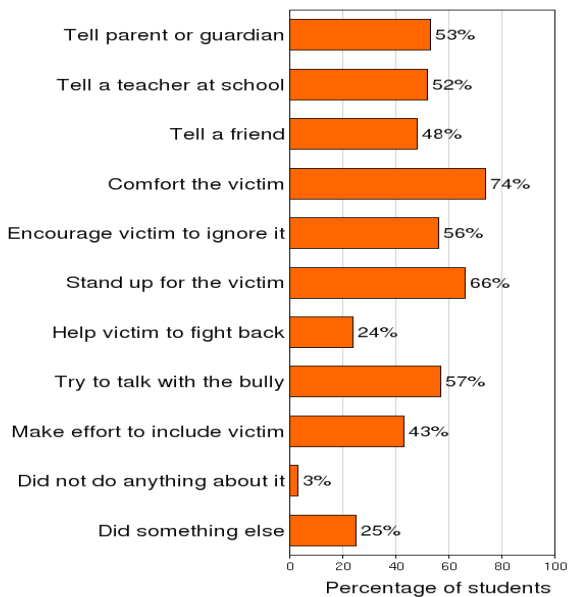


Figure 6 summarizes student responses when they saw or heard about a student being bullied.

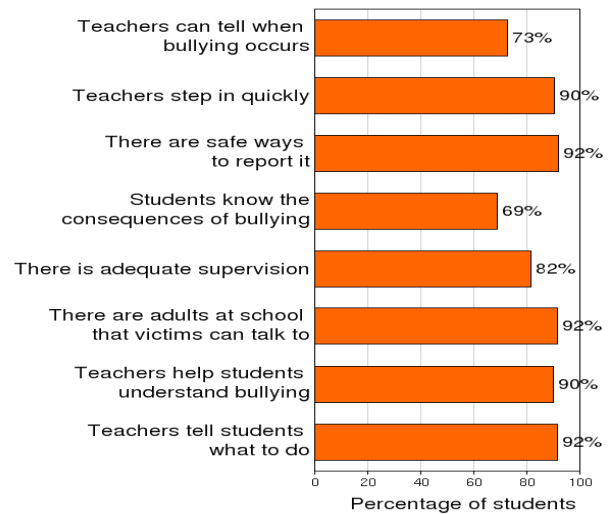
**Figure 6: Response when others are bullied at Belleisle Elementary School**



### 4. Measures to prevent bullying

School policies and practices can help prevent student bullying. Students at Belleisle Elementary School indicated the extent to which they felt certain anti-bullying measures were practiced in their school. Figure 7 shows the percentage of students that agreed or strongly agreed that these practices were evident in their school.

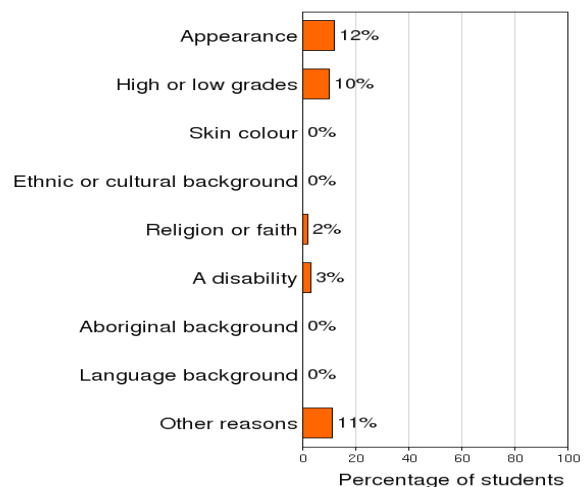
**Figure 7: Measures to prevent bullying at Belleisle Elementary School**



### 5. Students who feel excluded

Many students feel excluded by their peers because of their ethnic or cultural background, social class, religion, disability, or other perceived categorical boundaries. Figure 8 shows the percentage of students who felt excluded by other students for various reasons.

**Figure 8: Reasons students feel excluded at Belleisle Elementary School**



## 6. Feeling Safe at School

Students were asked whether they felt safe at school, and safe going to and from school. Overall, 2.8% of girls and 3.8% of boys in Belleisle Elementary School indicated that they did not feel safe at school. Figure 9 shows the results.

**Figure 11: Students who feel safe at Belleisle Elementary School**

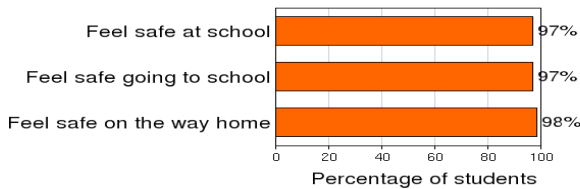
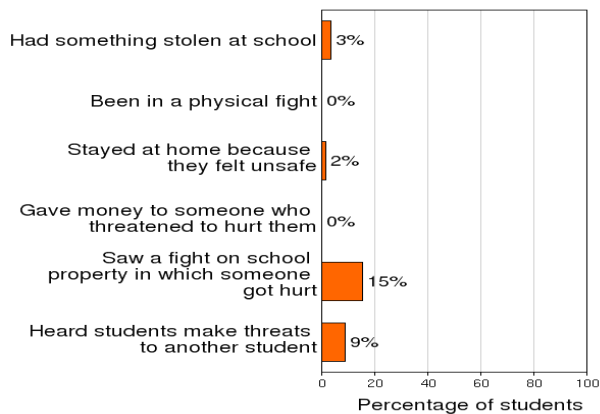


Figure 10 shows students' responses to six other questions concerning how safe they felt at school.

**Figure 12: Indicators of an unsafe environment at Belleisle Elementary School**



## About *Tell Them From Me*

*Tell Them From Me* is an evaluation system that includes a dynamic web-based student survey, and optional teacher and parent surveys. The system provides leading indicators of student engagement and wellness, and the aspects of classroom and school learning climate that research has shown affect student engagement and learning outcomes. Please see [www.thelearningbar.com](http://www.thelearningbar.com) for further information.

## About this School Report

This report was prepared by Dr. J. Douglas Willms, Director of the Canadian Research Institute for Social Policy at the University of New Brunswick. It was based on data from 61 students at Belleisle Elementary School that completed the *Tell Them From Me* student survey in 2012. Schools can print this report free of charge for use in staff meetings and professional development activities. It can also be reproduced for distribution to parents.

### References:

1. Pepler, D. J., Craig, W. M., Ziegler, S. & Charach, A. (1994). "An Evaluation of an Anti-Bullying Intervention in Toronto Schools". *Canadian Journal of Community Mental Health*, 13(2): 95-110.
2. O'Morre, M. (2000). Critical issues for teacher training to counter bullying and victimisation in Ireland. *Aggressive Behaviour*, 26, 99-111.
3. Haynie, D. L., Nansel, T., Eitel, P., Crump, A.D., Saylor, K., Yu, K. and Simons-Morton, B. (2001). Bullies, victims, and bully/victims: Distinct groups of at-risk youth. *Journal of Early Adolescence*, 21, 29-49.
4. Leff, S. S., Power, T. J., Costigan, T. E., & Manz, P. H. (2003). Assessing the climate of the playground and lunchroom: Implications for bullying prevention programming. *School Psychology Review*, 32, 418-430.
5. Craig, W. M. & Pepler, D. (1997). "Observations of Bullying and Victimization in the School Yard". *Canadian Journal of School of Psychology*, 13(2): 41-60.