



Take A  
Step:

## MY OWN ANTI-BULLYING PLAN

*Bullying is a community problem,  
and it has to have a community solution.  
Everyone has a part to play.*

This Plan will outline each person's part, and give dates for follow-up. The easiest way to make the Plan is to gather everyone together, so that each person knows what everyone else is doing. If this is not possible, take the Plan around to the people involved, and let them know what you would like them to do, or ask for suggestions.

### Things that will help put the Plan together:

Need to talk to someone immediately  
**1-866-327-3224**

24hrs/7 days a week- for  
Haldimand & Norfolk

Six Nations Child & Family Service  
Mobile Crises

**1-866-445-2204** (24/7)



- Focus on the problem of bullying instead of blaming the individuals. Even the person doing the bullying needs support and a plan to free their life from bullying.
- It is not necessarily fair to ask someone experiencing bullying to do something differently (ie, if you're being bullied in the lunchroom, don't eat in the lunchroom). Everyone has a right to safety and respect. A real, long-lasting solution looks to the whole community (ie, does the lunchroom need another supervisor, or a different arrangement of chairs?)
- Put things in the Plan that are concrete, that are actions, that are doable, and that fit into roles people already have (ie, a teacher takes on a task that fits in with her or his job).
- Bullying is a community issue that requires community solutions. Try whenever possible to create plans that bring people together rather than divide and distance.
- Follow-up is essential. Some parts of the Plan might need to be changed over time to make them work better. Allow the people who take part in the Plan a chance to be true to their word.





<b>MY OWN ANTI-BULLYING PLAN</b>		Beginning Date:
The Bullying problem is:		
My <b>Care Givers</b> will take steps by: (who, what, where, when)		FOLLOW-UP Comments/ Revisions
1.		
2.		
3.		
My <b>Teachers</b> will take steps by: (who, what, where, when)		
1.		
2.		
3.		
My <b>Community Member</b> will:		
1.		
2.		
3.		
My step is to:		
1.		
2.		
3.		
We commit to reviewing this plan:	Day:	Time:
Initials:		



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<b>MY OWN ANTI-BULLYING PLAN</b>		Beginning Date:
The Bullying problem is:		
My <b>Care Givers</b> will take steps by: (who, what, where, when)		<b>FOLLOW-UP</b> Comments/ Revisions
1. Checking in with Zack daily after school to scale safety out of 10 where 10/10 completely safe.		
2. Role play with Zack how to talk and walk away from bullying.		
3.		
My <b>Care Givers</b> will take steps by: (who, what, where, when)		
1. Facilitating a conversation between Zack and the people using bullying next Tuesday after school.		
2. Put an extra staff along the portables during lunch.		
3. Assign a senior youth patrol to sit at the back of the school bus who will report to the Principle each morning for two weeks.		
My <b>Community Member</b> will:		
1. Mrs. Jacobs will walk her sidewalk when the kids are coming home from school providing light supervision.		
2. The storekeeper will provide light supervision outside of his storefront from 3:00 to 4:00 each day.		
3. The community police officer will develop a closer relationship with four youth highlighted as often using bullying.		
My step is to:		
1. Zack's role is to continue to tell the adults in his life about bullying (teacher and care giver), and to stay calm.		
2.		
3.		
We commit to reviewing this plan:	Day:	Time:
Initials:		



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**Stand up to Bullying-TELL someone | Take an Anti-bullying STEP**

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