



**Bullying** is a form of aggressive behavior in which someone *intentionally and repeatedly* causes another person injury or discomfort. Bullying can take the form of physical contact, words or more subtle actions.

--American Psychological Association

Bullying is not taken lightly at Saint Bernadette School. In order to help achieve better overall peer relationships, Saint Bernadette School has implemented the [Olweus Bullying Prevention Program](#), which is specifically designed for children ages 5-15 years. Backed by over 35 years of research-based effectiveness, the [Olweus Bullying Prevention Program](#) is a long-term, system-wide program for change throughout the school setting.

The Goals of the [Olweus Bullying Prevention Program](#) include:

- reducing existing bullying problems among students
- preventing the development of new bullying problems
- achieving better peer relations at school

All of our educators and administration have been trained to fully implement the [Olweus Bullying Prevention Program](#) through routinely coordinating specific age-level activities. These activities are geared toward helping our students focus on making and keeping friends, accepting the differences that make us all unique, and being aware of bullying and cyber bullying.

Should you have questions about the [Olweus Bullying Prevention Program](#), please click on the link to browse their website, or contact your child's teacher or Sister Carol Arch, principal at 412-372-7255.