



# ANTI-BULLYING

PARENT BROCHURE

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِّمَن كَانَ يَرْجُو  
اللَّهَ وَالْيَوْمَ الْآخِرَ وَذَكَرَ اللَّهَ كَثِيرًا

The above ayah translates to: "and indeed for you in the Prophet of Allah is an excellent example for the person who has hope in Allah and the Day of Judgement and remembers Allah a lot."

This ayah tells us that Allah expects us to follow the example and the words of Prophet SAW if we have belief in him and the akhirah. On that note we should be looking at the following Hadith when it comes to anti-bullying:

Abdullah bin Amr reported: The Messenger of Allah, peace, and blessings be upon him, said:

الْمُسْلِمُ مَنْ سَلِمَ النَّاسُ مِنْ لِسَانِهِ وَيَدِهِ وَالْمُؤْمِنُ مَنْ أَمِنَهُ  
النَّاسُ عَلَى دِمَائِهِمْ وَأَمْوَالِهِمْ

**The Muslim is the one from whose tongue and hand the Muslims are safe.**

*Source: Ṣaḥīḥ al-Bukhārī 10*

This hadith clearly states that a true Muslim is someone who does not harm others with his tongue or hands. While hands can mean physical harm, they can also be a means of cyber-bullying. When we type rude comments or offensive words to people we are using our hands in the process.

لَا يُؤْمِنُ أَحَدُكُمْ حَتَّىٰ يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ

On the authority of Abu Hamzah Anas bin Malik (may Allah be pleased with him) - the servant of the Messenger of Allah (peace and blessings of Allah be upon him) - that the Prophet (peace and blessings of Allah be upon him) said:

**None of you will believe until you love for your brother what you love for yourself.**

*Related by Bukhari & Muslim*

No one likes to be bullied therefore it is only sensible for a Muslim to not bully others and to not be a stand by either. Our faith is not complete until we genuinely want for others what we want for ourselves.

عَنْ النُّعْمَانَ بْنِ بَشِيرٍ قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَثَلُ الْمُؤْمِنِينَ فِي تَوَادُّهِمْ  
وَتَرَاحُمِهِمْ وَتَعَاطُفِهِمْ مَثَلُ الْجَسَدِ إِذَا اشْتَكَى مِنْهُ عُضْوٌ تَدَاعَى لَهُ سَائِرُ الْجَسَدِ بِالسَّهَرِ وَالْحُمَّى

**Al-Nu'man ibn Bashir reported: The Messenger of Allah, peace, and blessings be upon him, said, "The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever."**

*Source: Ṣaḥīḥ al-Bukhārī 5665, Ṣaḥīḥ Muslim 2586*

This clearly states that if we claim to be true Muslims and we love Allah SWT and his Prophet SAW, then we can never feel happiness or enjoy the pain of others. If one person is a victim of others treating him/her badly we should never enable nor encourage it. We should support that person and get help for him or her.

# ARS ANTI-BULLYING POLICY

## BULLYING PREVENTION POLICY

The Al-Rahmah School believes that all students have a right to a safe and healthy school environment. The school, parents, and community have an obligation to promote mutual respect, tolerance, and acceptance.

The Al-Rahmah School will not tolerate behavior that infringes on the safety of any student. A student shall not intimidate, harass, or bully another student through words or actions. Such behavior includes direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling; spreading rumors, backbiting, and social isolation or manipulation.

The Al-Rahmah School expects students and/or staff to immediately report incidents of bullying to the principal or designee. Staff who witness such acts take immediate steps to intervene when safe to do so. Each complaint of bullying should be promptly investigated. This policy applies to students on school grounds while traveling to and from school or a school-sponsored activity, during the lunch period, whether on or off-campus, virtual learning platform and during a school-sponsored activity.

To ensure bullying does not occur on school campuses, the Al-Rahmah School will provide staff development training in bullying prevention and cultivate acceptance and understanding in all students and staff to build each school's capacity to maintain a safe and healthy learning environment. Teachers should discuss this policy with their students in age-appropriate ways and should assure them that they need not endure any form of bullying. Students who bully are in violation of this policy and are subject to disciplinary action up to and including expulsion.

Al-Rahmah School's adopted Student Code of Conduct to be followed by every student while on school grounds, or when traveling to and from school or a school-sponsored activity, and during lunch period, whether on or off-campus.

The Student Code of Conduct includes, but is not limited to:

- Any student who engages in bullying may be subject to disciplinary action up to and including expulsion.
- Students are expected to immediately report incidents of bullying to the principal or designee.
- Students can rely on staff to promptly investigate each complaint of bullying in a thorough and confidential manner.
- If the complainant student or the parent of the student feels that appropriate resolution of the investigation or complaint has not been reached, the student or the parent of the student should contact the director or the principal. The school system prohibits retaliatory behavior against any complainant or any participant in the complaint process. The procedures for intervening in bullying behavior include, but are not limited, to the following:
  - All staff, students, and their parents will receive a summary of this policy
  - prohibiting intimidation and bullying: at the beginning of the school year, as part of the student handbook and/or information packet, as part of new student orientation, and as part of the school system's notification to parents.
  - The school will make reasonable efforts to keep a report of bullying and the results of the investigation confidential.
  - Staff who witness acts of bullying shall take immediate steps to intervene when safe to do so. People witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.

# OCTOBER IS NATIONAL BULLYING PREVENTION AWARENESS MONTH

As a school, we will have a “**Theme of the Week**” to incorporate into our daily routines. Inshallah!

## **THE WEEK OF OCTOBER 4<sup>TH</sup>**

### **Make friends with someone in your class you don't know much about**

We all know how it feels to be left out sometimes. This week, make friends with someone in the class who you don't know much.

## **THE WEEK OF OCTOBER 11<sup>TH</sup>**

### **Kindness Challenge**

Make kindness go viral with an act of kindness and challenge friends and classmates to pay it forward with their acts of kindness.

## **THE WEEK OF OCTOBER 18<sup>TH</sup>**

### **STAND UP for Others Week**

When you see someone being bullied, be brave, and STAND UP for them. Bullies have been known to back off when others stand up for victims. If you don't feel safe get the help of an adult immediately. Be part of the solution -- not the problem!

## **THE WEEK OF OCTOBER 25<sup>TH</sup>**

### **Talk about Bullying**

Come up with an idea for a new way to increase awareness about bullying. How can you help people understand that bullying is a problem?

# ACTIVITIES FOR PARENTS TO DO AT HOME TO COMBAT BULLYING

## Elementary School:

- Make a courage chart and use stickers to reward brave acts.
- Draw yourself as an upstander hero!
- Write a poem about kindness, inclusion, and respect.
- Role-play situations and responses modeling how to be kind and prevent bullying.

## Middle School:

- Fill a bowl with questions about times you've felt included or excluded and have the family pick them out randomly and discuss together.
- Read stories from the Seerah about the way the Prophet (saws) and his followers were treated and boycotted during the early days of Islam.
- Have a memo board where each family member writes positive traits about one another.
- Volunteer at shelters or do acts of kindness for strangers, community centers, or spaces to model positive contributions to society.

## Helpful websites:

- **Mcgruff.org** provides resources for adults and children looking to stop bullying and educate others about bullying issues.
- **PACER Kids Against Bullying** is an educational site designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.
- **Stopbullying.gov** offers information, videos, and games for children

# TIPS FROM OUR SCHOOL COUNSELOR: SR. FARAH SHAIKH.



# CONFLICT RESOLUTION TIPS FOR PARENTS

During a child's academic life, conflict and social challenges become a normal part of life. Your child may come home and tell you about an incident. Or you may hear about it from their teacher or another student's parent. In all these circumstances, it is important to know how to react in a positive and constructive way to promote healthy solutions and change.

## LISTEN

- Maintain a comfort zone for communication. Ask your child about their day and take an interest in their challenges.
- Start by acknowledging what's going on and avoid criticizing them or their friends. You can say things like "I know it's hard now, but it won't always be this way" or "This situation is tough, but so are you."
- Help your child feel at ease about confiding in you. "I'm here for you if you need to talk"
- Be nonjudgmental and provide empathy. "That must be frustrating, what are some things you can do to help yourself calm down or feel better?"

Parents should focus on helping their child handle social conflicts rather than attempting to solve the problem. Resist "fixing" the situation. It's in your child's best interest to figure out how to manage an episode of rejection or conflict on their own so they can develop skills that transfer to similar situations in the future.

- Help your child learn how to be assertive but respectful. Help them gain the tools to say things like, "It hurts my feelings when you call me that" or "I don't like that you took my belongings without asking, please give it back".
- Help them to take responsibility for their own behavior- Teach your child to take ownership of their mistakes and their role in the conflict.
- Teach your child to forgive and try to make amends for the sake of Allah (SWT).

Here are some questions that might help to resolve conflict and brainstorm solutions together

**What did you try?**

**How did it work?**

**What else can you try?**

# DIFFERENTIATE MEANNESS FROM BULLYING:

Try to learn the specific circumstances of the social situation to help your child understand whether there was a deliberate effort to exclude or bully or whether it was a random event. Remind them to think about the other person. Maybe you can help them start to see the other side of the issue.

## QUALITY TIME

- Find times to be available for your child to talk about what's going on even if they act like they don't want to.
- Make a point of spending more time with them than usual. Your emotional support and belief in them can be very helpful at this time.

## EXTRACURRICULAR ACTIVITIES

- Support their outside interests and hobbies.
- Enroll them in classes or groups to help them learn how to navigate other social circles.

## GET HELP

- Contact a teacher or staff member to gain insight into the conflict and work towards a solution.
- Contact your school counselor to set up a time for your child or family to meet.
- Contact a family or individual therapist outside of school to work with you and your child on an ongoing basis.

## TIPS TO REMEMBER:

- Expect kids to respect everyone, but don't expect them to like or be friends with everyone.
- You should insist that your child behaves in civil, non-hurtful ways with peers at all times.
- You are your child's primary role model. Let them see you model positive social behavior.

*National Bullying Prevention Month*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Write a poem about kindness	Talk to someone new in class	Read a book about Bullying	Say something nice to someone	Give someone a compliment
Imagine what others feel	Draw yourself as a hero	Write a thank you note	Discuss a time you were brave	Make a new friend
Hold the door for someone	Talk about a time you stood up for someone	Be kind	Help someone in trouble	Take turns
<i>Respect</i>	<i>friends</i>		Include someone at lunch	

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