

IS IT BULLYING?

When someone says or does something unintentionally hurtful and they do it once, that's

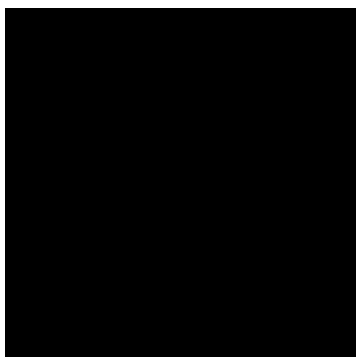
RUDE.

When someone says or does something intentionally hurtful and they do it once, that's

MEAN.

When someone says or does something intentionally hurtful and they keep doing it- even when you tell them to stop or show them that you're upset- that's

BULLYING.



**Be known
for being kind**

WHAT IS BULLYING?

Bullying is intentional, repeated, hurtful acts toward another person that involves an imbalance of power.

Bullying involves the three P's:

**PURPOSE
PATTERN
POWER**

A real or perceived imbalance of power can come from someone being older, stronger, having a higher cognitive ability or being more popular. A power imbalance can also arise from getting several kids to gang up on a person so they feel hurt and alone, or from using threats or intimidation.

These are some ways people bully:

PHYSICAL

- hitting, pushing, kicking
- spitting
- hurting their belongings

VERBAL

- name calling
- mean teasing
- giving dirty looks

SOCIAL

- spreading rumors
- excluding someone on purpose
- telling others not to like or play with another person

CYBERBULLYING

- mean texts messages or emails
- using Facebook to threaten or harass another person.

STRATEGIES IF YOU ARE BEING BULLIED

- 👏 **Ignore them**
- 👏 **Walk away**
- 👏 **Change the subject**
- 👏 **Say something such as "That's mean, " and walk away.**
- 👏 **Stay close to other people** when that person is around. Connection equals protection.
- 👏 **Do not erase messages and do not respond** if cyber bullied. Inform your parents or guardians and give the device to them.
- 👏 **Tell a trusted adult.** If someone or something is being hurt, it's Responsible Reporting, not tattling.
- 👏 **Make a Safe2tell report.**



Safe2tell is an anonymous way to report concerns about our young people such as bullying, pending fights and threats of youth harming themselves. Reports are routed directly to our Principal and School Resource Officer and investigated.

1-877-542-7233
www.safe2tell.org



STRATEGIES FOR BYSTANDERS

- ✎ **Stand with them** so they are not alone. There is strength in numbers.
- ✎ **Refuse to join in** the laughter, teasing or spreading of rumors. Walk away if they won't stop.
- ✎ **Use Defender Skills.** Say, "That's mean," or "That's not cool," and walk away with the person.
- ✎ **Scatter the crowd.** "The bell rang, let's line up."
- ✎ **Tell an adult.** If someone or something is being hurt, it's Responsible Reporting, not tattling.
- ✎ **Reach out in friendship** to targets of bullying and other kids who are alone.
- ✎ **Make a Safe2tell report.**
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Over 50% of the time when students take action to stop the bullying or show they're against it, the bullying stops within 10 seconds.

Society for Safe and Caring Schools and Communities

STRATEGIES FOR PARENTS

Whether Your Child is Bullied or Not

- ♥ **Inform yourself.**
Read, *Schools Where Everyone Belongs*, by Stan Davis and visit the website: www.stopbullyingnow.com
- ♥ **Talk to your child.**
Know who their friends are, what they are doing on the internet and what they are listening to.
- ♥ **Say something when they gossip.**
When you hear children speak badly of another child, help steer the conversation away from rumors and focus on what they can do.
- ♥ **Meet with the Principal.**
Please share your concerns with us. We can't respond if we don't know about it.
- ♥ **Never ignore bullying.**
Don't walk by it; if you can't intervene directly, please report it.
- ♥ **Cast a wide net- find fun friendships!**
Provide opportunities for your child to connect with loyal, fun, true friendships in a variety of settings. All kids have interests and talents- finding others with common interests is a gift.
- ♥ **Teach your child to mimic courage.**
Teach your children to breathe so in the face of fear or anxiety, they will not hold their breath and freeze. Teach them confident body language, and positive self-talk so they can encourage themselves to handle difficult situations.

Source: www.actionagainstviolence.com

BULLYING INFORMATION and STRATEGIES



TEACHING AND BUILDING SKILLS

- ☺ School-Wide training for staff on recognizing and responding to bullying
- ☺ School-Wide training for students twice a year (August and January) with the principal and school counselor focusing on what bullying is and strategies
- ☺ Common school-wide reporting system
- ☺ A principal with an open door policy
- ☺ School-wide Positive Behavior Support System in place to encourage and recognize positive behavior
- ☺ Character Education program in place with monthly character assemblies

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