

Bullying may Include

- Teasing (unwanted/taunting)
- Social Exclusion
- Threat
- Intimidation
- Stalking
- Physical violence
- Theft
- Sexual, religious, or racial harassment
- Public humiliation
- Destruction of property

If you know someone who is bullied or experiences violence because they are lesbian, gay, bisexual or transgender (LGBT) youth, or others think they are, there are resources available to help <http://www.stopbullying.gov/topics/lgbt/index.html>

Bullying Is

- Imbalance of Power: people who bully use their power to control or harm others.
- Intent to Cause Harm: actions done by accident are not bullying.
- Repetition: incidents of bullying happen to the same person over and over by the same person or group.

Student Responsibilities

- Make school safe by not bullying others.
- Respect others and treat them equally.
- Report all forms of bullying.
- Report bullying to a parent or adult on campus.
- Be a leader on your campus.
- Encourage others to be kind to everyone.

Who is at Risk for Being Bullied?

ANYONE

Characteristics of Students Who

Bully

NO SINGLE PROFILE EXISTS

Resources

- www.cyberbullying.us
- iSafe.org
- stopbullyingnow.hrsa.gov
- www.samhsa.gov
- www.bullyfreealberta.ca
- goodcharacter.com
- us.oneworld.net
- www.nonamecallingweek.org
- www.sdcoe.net/student/ss/resources.asp
- www.lfcc.on.ca/bully.htm
- cca-kids.ca/welcome.html
- www.clemson.edu/olweus
- www.cyberbully.org
- www.luckyduck.co.uk
- Robin D'Antona, ED. D. at www.stopbullyingma.org
- www.stopbullyingworld.org
- www.aauw.org/k-12

For more information contact
Lisa Page
407-320-0552
Lisa_page@scps.us

Seminole County Public Schools



Bully Prevention Awareness Brochure

Bullying means systematically and chronically inflicting physical hurt or psychological distress on another person including: unwanted and repeated written, verbal, or physical behavior that is severe or pervasive enough to create an intimidating, hostile, or offensive educational environment; cause discomfort or humiliation; or unreasonably interfere with the individual's school performance or participation.

SPEAKOUT HOTLINE

800-423-8477

WWW.SPEAKOUTHOTLINE.ORG

TEXT "SPEAKOUT" 274637

What can Students do if Bullying Occurs?

- If it is happening at school, **ALWAYS** tell a teacher, counselor, and/or administrator.
- Call the **SPEAKOUT HOTLINE** at 800-423-8477.
- Tell them to stop.
- Walk away. Do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- Find a safe place. Go somewhere that you feel safe and secure like the library, a favorite teacher's classroom, or the office.
- Stick together. Stay with a group or individuals that you trust ("buddy up").
- Find opportunities to make new friends. Explore your interests and join school or community activities such as sports, drama, or art.

What can Bystanders do?

- Take a stand and do not join in. Make it clear that you do not support the behavior.
- Do not watch someone being bullied. If you feel safe, tell the person to stop.
- If you do not feel safe saying something, walk away and get others to do the same and get an adult to help.
- If you walk away and do not join in, you have taken their audience and power away.
- Support the person being bullied. Tell them that you are there to help.
- Offer to either go with them to report the bullying or report it for them.
- Talk to an adult you trust. Talk to someone about the problem.
- Reach out to a parent, teacher or another adult that you trust to discuss the problem.

Parent Tips for Prevention

- Help your child understand the definition of bullying.
- Check in with your child and listen to any concerns about friends and other students.
- Teach your child to safely take a stand against bullying.
- Talk to your child about seeking help from a trusted adult when feeling threatened by a bully.
- Know what is going on in your child's school. Get involved and get to know school staff.
- Contact the school by phone or e-mail to report suspected bullying.

Parent Tips for Child Victims

- Be involved with your child's life including computer time.
- Help your child be more resilient and assertive.
- Help your child make friends and encourage them to "buddy up".
- Review Seminole County's policy to understand the definition of bullying or harassment.
- Work with your child's school when bullying occurs at school.
- Maintain open communication.

Parent Tips for Children who Exhibit Bullying Behavior

- Talk with your child. Ask for their account of the situation. Listen.
- Calmly let them know that you will not tolerate this behavior.
- Help your child learn that bullying hurts everyone involved.
- Develop clear and consistent rules for your child's behavior.
- Praise your child when he/she follows the rules.
- Carefully supervise and monitor their activities, including when they are online or texting.
- Work cooperatively with your child's school.

Helpful Tips for Faculty and Staff

DO

- Stop It! Intervene Immediately!
- State Behavior.
- Support/Protect Victim.
- Separate victim/offender.
- Tell Appropriate Staff.
- Make it a teachable experience and help bystanders understand how they can help in the future.
- Vigilantly watch for bullying behavior in and out of the classroom.

DON'T

- Try and sort it out (not a conflict).
- Force Apologies.
- Have students work things out.
- Talk to the bully and victim at the same time.
- Tell victim to ignore things.
- Be negligent by ignoring a potential bullying situation.

Reporting

- Report the incident to a school administrator.
- Remember, it is your obligation to report.
- All incidents are investigated.
- Investigations may indicate the incident is not bullying as defined by the state and SCPS policy.
- All discipline incidents are handled even if the incident is not considered bullying by definition.
- There is **NO** place for bullying or harassment in Seminole County Public Schools.