

What Caregivers Can Do

- Listen to your child and encourage discussions about the school day.
- If concerns arise, take them seriously and discuss ways in which your child can respond to the challenge, including reporting to a school staff member if needed.
- Watch for symptoms such as social withdrawal, drop in grades, and school avoidance.
- Tell the school administrator if you think your child has been a target of bullying behavior.
- Arrange a conference with your child's teacher, counselor, or administrator to work together to solve the problem.
- Contact law enforcement if a situation occurs outside of school.

What CCPS is Doing to Create Safe and Supportive Learning Environments

- Employee training on CCPS policies, bullying prevention and response strategies, and reporting procedures.
- Establishment of clear behavioral expectations for students and employees.
- Provision of targeted interventions for students in self-advocacy, coping skills, peer support, and conflict resolution.
- Promotion of character education programs that encourage respect and caring for others, e.g., PBIS and Sources of Strength.
- Implementation of appropriate consequences/disciplinary action, as appropriate.
- Direct support to students from school personnel to address bullying concerns shared by students or parents.

What You Can Do If You Have Concerns About Bullying Behavior

- Contact the school counselor and/or school administrator to share your concerns and to work together to address the issue.
- Work with CCPS staff to discuss supports within the school as well as available community resources.
- Report bullying incidents online at <https://www.carrollk12.org/student-services/incident-reporting>; reporting forms may also be obtained from any school administrator, school nurse, or school counselor.
- Contact the Carroll County Community Mediation Center for opportunities to resolve community conflicts, (410) 848-1764. CCCMC@carrollcc.edu
- For incidents occurring outside of school, contact law enforcement agencies.



TOGETHER WE CAN STOP Bullying!



Working Together...

We Can Make a Difference!

**Carroll County Public Schools
(CCPS)
Student Services Department**

**125 North Court Street
Westminster, Maryland 21157
www.carrollk12.org**

TOGETHER WE CAN STOP BULLYING

The Board of Education of Carroll County is committed to establishing and promoting a safe, non-threatening environment for all students to learn. Therefore, the Board believes that bullying, harassment, intimidation, discrimination, or hazing are both morally wrong and offensive and will not tolerate such conduct on the part of any employee, student or visitor. Board of Education Policy JICK and associated Administrative Regulation JICK can be found on the CCPS website.

Definition

Bullying, harassment, or intimidation means intentional conduct, including verbal, physical, or written conduct or an intentional electronic communication, that creates a hostile education environment by substantially interfering with a student's educational benefits, opportunities, or performance, or with a student's physical or psychological wellbeing.

Examples of Bullying Behaviors

- Physical violence or attacks
- Spreading rumors
- Name-calling, put-downs, ridiculing
- Threats, intimidation, retaliation
- Extortion or theft
- Deliberate exclusion from a peer group
- Cyberbullying

Warning Signs of Bullying

- Reluctance to attend school activities
- Unexplainable drop in academic performance
- Avoidance of the school cafeteria or playground
- Reluctance to walk to or from school
- Reluctance to talk about what's happening at school
- Torn clothing
- Headaches, stomachaches, or other unexplainable illnesses
- Changes in sleep patterns
- Sad or depressed demeanor and/or unexplained anger outbursts
- Loss of interest in activities formerly enjoyed

Harmful Effects of Bullying

- **Academic:**
 - ◇ School avoidance, school refusal, truancy
 - ◇ Higher drop-out rates
 - ◇ Lower academic achievement
- **Physical:**
 - ◇ Loss of appetite
 - ◇ Stomachaches, diarrhea, vomiting
 - ◇ Headaches
 - ◇ Sleep disturbances

- **Social/ Emotional/ Behavioral:**

- ◇ Lowered self-esteem
- ◇ Social isolation
- ◇ Negative view of school
- ◇ Greater risk for mental health & behavioral problems
- ◇ Loneliness and depression
- ◇ Nervousness & anxiety
- ◇ Substance use
- ◇ Suicidal ideation and attempts

What Students Can Do

- Speak up on behalf of others being targeted.
- Remain calm and stay in control of your emotions; avoid physical contact, if possible.
- Act confidently—stand up tall, speak in a friendly, firm voice.
- Use specific "I-messages" such as "I don't like it when you ____, and I want you to stop."
- Find allies who can provide support.
- Seek the help of an adult and report bullying behaviors.
- Refrain from participating when others are laughing at or teasing students.
- Show respect for all people regardless of their differences.