



WHAT IS BULLYING?

Bullying is an immense problem in today's schools. Bullying is a concern for students, parents, educators, and school administration. It causes disruption as well as being detrimental to one's self esteem, self worth, and self confidence. It is increasing and it seems that more students are being affected by it more so now than before. So what is it and why does it happen? According to the website, StopBullying.gov, specifically created to address this problem, states that *"bullying is "unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time."* (www.stopbullying.gov). Incidents can occur in the classroom, playground, on the bus, or anywhere where students are less supervised or monitored. Many students may not report being bullied because they are embarrassed, ashamed, afraid, upset, sad, or simply do not want to look bad in front of their peers. Bullying will continue until someone says something to the perpetrators.

There are four types of bullying: verbal, social, physical, and cyber.

Verbal bullying consists of name calling, insulting another, threatening to cause harm to another, teasing, and sexual inappropriate comments.

Social bullying involves hurting one's reputation or relationships such as leaving someone out on purpose, telling others not to be friends with someone, spreading rumors, or embarrassing another in public.

Physical bullying is aggression towards another by hitting, kicking, punching, scratching, spitting, pinching, pulling one's hair, breaking another person's things, or making rude gestures toward another person.

Cyberbullying takes place through social media such as Facebook, Instagram, and Snapchat. Students may insult, call names, or encourage another student to hurt self on these platforms.

There is a difference between being mean or rude and bullying. Many students may misinterpret comments or actions as bullying but may actually be mean, impolite, or unintentional. According to Signe Whitson, a child and adolescent therapist, "Being mean involves "purposefully saying or doing something to hurt someone once (or maybe twice)." Unlike unthinking rudeness, "mean behavior very much aims to hurt or depreciate someone.... Very often, mean behavior in kids is motivated by angry feelings and/or the misguided goal of propping themselves up in comparison to the person they are putting down." And while Whitson agrees that both rudeness and mean behavior require correction, they are "different from bullying in important ways that should be understood and differentiated when it comes to intervention." (<https://www.amightygirl.com>).

If you or your student believe they may be a victim of bullying, please report incidents to your student's teacher, administration, or school counselor. Bullying is not tolerated in any school with the Kingman Unified School District.

Resources:

www.stopbullying.gov
<https://www.amightygirl.com>
<https://www.apa.org>
<https://www.psychologytoday.com>
<https://www.cdc.gov>



HALLOWEEN EVENTS

Spookatukular Dog Show Sat 10/22
9:00am at Mohave County Fairgrounds

Historical Ghost Tours 6:20p to 8:20p on
10/23-10/24 and 10/29-10/30. Please
visit www.bealestreettheatre.com for
more information.

Pinion Pines Haunted Hikes 10/29-10/30
starting at 6:30am.

Corn Fest 10/21-10/22 at Rotary Park in
Bullhead City, AZ.

Brews and Brats Octoberfest 10/7-10/8
at Metcalf Park.

Kingman Route 66 Fest 10/14-10/15 at
Lewis Kingman Park.

Halloween Night Events October 31

Hope City Church 5:30 to 7:30pm

4th Annual Candy Crawl 4-7pm at
Mohave County Fairgrounds.

Chillin on Beale Halloween Bash 5-8pm
on Beale St.

Kingman Farmer's Market Event
8am-5pm at Lewis Kingman Park.

Family Bible Church 3-5pm.

Hope Haven Assisted Living 5p-8p.

HALLOWEEN SAFETY TIPS

Bring a cell phone if you can, in case
you need to make an emergency phone
call.

Always travel in groups. Be sure there
are at least 3 of you at all times.

Let your parents know where you're
going to be at all times.

Don't visit houses that are not well lit.
Never go inside a stranger's house.

Use the sidewalk whenever possible. If
there's no sidewalk, walk on the side of
the road facing traffic.

Make or buy costumes in
light-coloured material.

Place strips of reflective tape on the
back and front of costumes, so that
drivers can better see your child.

Costumes should fit properly to
prevent trips and falls.

OCTOBER IS™

National Pizza Month

National ADD/ADHD Month

National Family and Work
Month

DID YOU KNOW?

October 1, 1971: Disney World
Orlando Opens to public.

October 4, 1957: The Space Race
begins with launch of Sputnik.

October 22, 1914: The New Income
Tax Laws were implemented.

October 28, 1929 (Black Monday):
The day the Stock Market crashed and
Great Depression begins.