



CENTERVILLE
CITY SCHOOLS

WHAT IS BULLYING?

**BULLYING, PREVENTION,
AND SUPPORTS**



TO BE CONSIDERED BULLYING, THE BEHAVIOR MUST INCLUDE:



An imbalance of
power



Repetition



Intention to cause
harm

VERBAL

Name calling, insults, intimidation, discriminatory comments, inappropriate sexual comments, threats

PHYSICAL

Hitting, kicking, pinching, pushing, stealing or destroying someone's property, touching in unwanted and inappropriate ways

SOCIAL

Spreading rumors, intentionally excluding someone, public embarrassment, damaging someone's social reputation or relationships

CYBER

Posting/sending hurtful content, making online threats, imitating others online, spreading rumors online

"When a person or a group behaves in ways—on purpose and over and over—that make someone feel hurt, afraid or embarrassed."

EMPOWER • CHALLENGE • SUPPORT

Preventions

- **Help kids understand bullying.** Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- **Keep the lines of communication open.** Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- **Encourage kids to do what they love.** Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- **Model how to treat others** with kindness and respect.
- **Encourage kids to speak to a trusted adult** if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to report bullying if it happens.
- **Talk about how to stand up to kids who bully.** Give tips, like using humor and saying "stop" directly and confidently. Talk about what to do if those actions don't work, like walking away
- **Talk about strategies for staying safe,** such as staying near adults or groups of other kids.
- **Urge them to help kids who are bullied** by showing kindness or getting help.

Supports

District-wide

- No Place for Hate
- Safety Helpline
- PBIS
- Counselors
- Administrators
- Teachers
- Partnership with South Community and Dayton Children's

Elementary Schools

- Lunch Buddies
- PurposeFull People
- Morning Meetings
- Junior Hope Squad
- Schools for Excellence in Prevention

Middle Schools

- Advisory
- Classroom Guidance Lessons
- Hello Leaders
- Welcome Watts

High School

- Elk Connectors
- Advisory
- Hope Squad
- Clubs/Student Organizations