

## Being Proactive

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The Plattsmouth School district has implemented the following programs to teach conflict resolution skills and to prevent bullying.

- Anti-Bullying Assemblies
- Boys Town Social Skills
- DARE Program and GREAT Program
- Youth Frontiers Full Day Retreats
  - *Kindness – 5<sup>th</sup> grade, Courage – 7<sup>th</sup> grade, Respect – 9<sup>th</sup> grade*
- Happy Camp
- Circle of Friends
- R.A.K. – Random Acts of Kindness
- PRISM Group
- POPS & Blue Devil Academy
- Character Education – Changing Lives
- Group Counseling & Focus Groups
- Leadership Cadre

## Plattsmouth District Anti-Bullying Policy

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One of the missions of the District is to provide a physically safe & emotionally secure environment for students and staff.

The administration & staff are to implement strategies & practices to reinforce & encourage positive behaviors by students. Positive behaviors include non-violence, cooperation, teamwork, understanding, & acceptance of others.

The administration & staff are to implement strategies & practices to identify & prevent inappropriate behaviors by all students, including anti-bullying education for all students. Inappropriate behaviors include bullying, intimidation, & harassment. Bullying means any ongoing pattern of physical, verbal, or electronic abuse on school grounds, in a vehicle owned, leased, or contracted by the school being used for a school purpose by a school employee or designee, or at school-sponsored activities or school-sponsored athletic events.

*Source: Article 5, policy #5415*

# PEER CONFLICT, MEAN BEHAVIOR, & BULLYING

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**Plattsmouth Community  
School District**



## Peer Conflict

Conflict between peers is a part of growing up. Sometimes children disagree and can't solve their own problems. They may say mean things or even hurt each other. In peer conflict children:

- Play together and have equal power
- Are both equally upset, interested in the same outcome, and able to work things out

Adults can help by teaching conflict resolution skills:

- Expressing thoughts, feelings, and compromising
- Listening and seeing another perspective
- Making an apology when appropriate

## Mean Behavior

Youth may try out behaviors to assert themselves i.e. making fun of others, leaving others out, or becoming physical. Adults can help by:

- Quickly and firmly stop the behavior
- Let youth know they are hurtful, and re-direct them to positive behaviors

## Bullying Behavior

Bullying is a serious behavior that includes three features:

1. **Power imbalance** – one child clearly has power over the other and the victim is unable to effectively defend him/herself
2. **Intention to harm** – purpose of bullying is to harm or hurt the other
3. **Repeated over time** – bullying continues over time and gets worse with repetition

The effect on the child being bullied is fear, apprehension, and distress. Adults can help stop bullying by:

- Addressing the safety of the child being targeted
- Ensuring the bullying youth takes responsibility and changes their behavior
- Continuing monitoring the situation
- Support the child who was bullied so they feel safe
- Educating bystanders on telling adults and supporting the victim
- Closely monitoring all social media interactions

## Bullying is NOT

- Conflict between peers of equal power
- Unkind words or actions that occur once or very infrequently
- Rough housing that is not intended to hurt
- A one-time act of aggression towards another
- A disagreement between peers

## How to work with the school to stop bullying

- Bring to the attention of the school principals
- Establish bullying as unacceptable in the community as well as in the school
- Foster respect for all regardless of differences
- Monitoring all electronic devices and social media interactions
- Deleting accounts or blocking those who are a perceived threat
- Support methods for conflict resolution
- Report bullying to administrators

