

# Bullying... **NOT** in our



## Definition of Bullying:

- ▶ Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance.
- ▶ In order to be considered bullying, the behavior must be repeated, aggressive and include:
  - ▶ **An Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
  - ▶ **Repetition:** Bullying behaviors happen more than once or have the potential to happen more than once.
- ▶ Bullying includes actions such as making threats, spreading rumors, teasing and attacking someone physically (pushing or hitting) or verbally.

## What students should do:

- ▶ **If you are bullied, say something!** It is better to let a trusted adult know than to let the problem continue.
- ▶ **Get familiar with what bullying is and what it isn't.**  
If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- ▶ **If you feel like you are at risk of harming yourself or others get help now!**

## What parents can do:

- ▶ If your child experiences bullying at school, encourage him/her to report it immediately to a teacher, counselor or administrator.
- ▶ Contact the appropriate school officials and request an investigation.
- ▶ If you feel the school has not adequately addressed your concerns, you may also submit a written complaint to the District Superintendent and then the School Board.
- ▶ Seek legal counsel if necessary.