

If you are being bullied

- ⊙ Tell an adult that you trust.
- ⊙ Do not show anger or fear.
- ⊙ Calmly tell the bully to stop or say nothing and walk away.
- ⊙ Avoid situations where bullying is likely to happen.

If you know someone who is being bullied

- ⊙ Don't encourage the bully by laughing or joining in.
- ⊙ If you feel safe, tell the bully to stop!
- ⊙ Encourage the person who was bullied to talk to someone they trust about what happened.

**IF YOU ARE BEING BULLIED, KNOW
SOMEONE WHO IS BEING BULLIED
OR KNOW OF A PERSON OR GROUP
WHO IS BULLYING OTHERS, PLEASE
CALL THE CCSD PREVENTION
HOTLINE AT 877-250-2790,
24 HOURS A DAY, 7 DAYS A WEEK.**

Charleston County School District believes in a safe learning environment for all students, therefore, will not tolerate bullying.

REMEMBER:

- ⊙ Bullying is against SC law
- ⊙ CCSD Policy *JICFAA Harassment, Intimidation, or Bullying*, enforces the SC law
- ⊙ The CCSD Code of Conduct includes the *Descriptions, Interventions, and Consequences* of bullying
- ⊙ Report incidents of bullying to the school administrator

You may also report bullying at school. Contact your school's administrator, guidance counselor(s) and/or student concern specialist for help.

For more information, please visit
www.ccsdschools.com/antibullying.

BULLYING PREVENTION



**CALL TOLL FREE:
877-250-2790**

What is bullying?



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.

What does bullying encompass?

- ⊙ Name calling
- ⊙ Hitting, kicking, pinching, tripping, shoving
- ⊙ Rude hand gestures
- ⊙ Spreading rumors
- ⊙ Leaving someone out purposefully
- ⊙ Threats
- ⊙ Teasing
- ⊙ Putdowns
- ⊙ Mean text messages
- ⊙ Mean or false email
- ⊙ Stealing or breaking someone's things
- ⊙ Intimidation by gangs
- ⊙ Sexual harassment

Cyberbullying

Cyberbullying takes place using electronic devices. Cyberbullying includes:

- ⊙ Mean text messages or email
- ⊙ Rumors sent by email or posted on social media sites (i.e., Facebook, Twitter, AskFM, Instagram)
- ⊙ Embarrassing pictures, videos, websites, or fake profiles
- ⊙ Hacking
- ⊙ Sexting* that occurs without one's permission is considered cyberbullying

*Sexting is the act of engaging in sexual activity with the use of technology on or off campus.



Signs of bullying

Common signs to help you recognize if your child is being bullied:

- ⊙ Unexplainable injuries
- ⊙ Lost or destroyed clothing, books, electronics, or jewelry
- ⊙ Frequent headaches or stomach aches, feeling sick or faking illness
- ⊙ Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- ⊙ Difficulty sleeping or frequent nightmares
- ⊙ Declining grades, loss of interest in schoolwork, or not wanting to go to school
- ⊙ Sudden loss of friends or avoidance of social situations



IF YOU KNOW SOMEONE IN SERIOUS DISTRESS OR DANGER, DON'T IGNORE THE PROBLEM. GET HELP RIGHT AWAY.