

HOW CAN YOU REPORT BULLYING?

When reporting incidents or concerns, please keep in mind the following:

- Who: Names
- What: Summary of incident/concern
- When: Date(s) this has taken place
- Where: State location of incident/concern
- How often: How many times has this happened?

Bethel School District Compliance Officer:

Debbie Carlman
516 176th Street E.
Spanaway, WA 98387
253.800.2019 | phone
dcarlman@bethelsd.org | email



Email tips@bethelsd.org or text the word "BULLY" to 253.216.8233

All tips are confidential and will be monitored and reviewed for possible action.

Fill out a bullying report form

Forms are available on the Bethel SD website, www.bethelsd.org, in the Find It Fast section on the homepage.

HOW TO HELP

- Teach your child how to help without being in harm's way.
- Tell your child not to cheer on or quietly watch.
- Encourage your child to tell someone at school about the bullying.
- Help your child support others who tend to be victims.
- Alert the school of any bullying problems that you are aware of whether or not it affects your child.

For more information on how to help your child, visit:

NEA's Bully Free | www.nea.org/bullyfree

Pacer | www.pacer.org/bullying

Stop Bullying | www.stopbullying.org

Stop Cyber Bullying | www.stopcyberbullying.org



Bethel
SCHOOLS

Bethel School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Compliance / Gender-Inclusive Schools Coordinator, Debbie Carlman, dcarlman@bethelsd.org, 253.800.2019; Title IX Coordinator, Bryan Streleski, bstreleski@bethelsd.org, 253.800.4302; and 504 Coordinator, Melissa Munson-Merritt, mmunsonmer@bethelsd.org, 253.800.2301. All individuals may be reached at this address: 516 176th Street East, Spanaway, WA 98387. Title IX inquiries may also be directed toward the U.S. Department of Education, Office for Civil Rights (OCR): <https://www2.ed.gov/about/offices/list/ocr/index.html>. Information about the nondiscrimination and sex-based discrimination policies and grievance procedures, and how to report a concern or complaint: bethelsd.org.

El Distrito Escolar de Bethel no discrimina en sus programas o actividades por motivos de sexo, raza, credo, religión, color, nacionalidad, edad, condición de veterano de guerra o grado militar, orientación sexual, expresión de género o identidad, discapacidad o por el uso de perro guía entrenado o animal de servicio; además ofrece igualdad de acceso a los Boy Scouts y a otros grupos de jóvenes especificados. Los siguientes empleados han sido designados para atender consultas y quejas de supuesta discriminación: Cumplimiento de los Derechos Civiles/ Coordinadora Escolar de Inclusión de Género, Debbie Carlman, dcarlman@bethelsd.org, 253.800.2019; Coordinador del Título IX, Bryan Streleski, bstreleski@bethelsd.org, 253.800.4302 y Coordinadora 504, Melissa Munson-Merritt, mmunsonmer@bethelsd.org, 253.800.2301. Todas las personas pueden ser localizadas en esta dirección 516 176th Street East, Spanaway, WA 98387. Las consultas sobre el Título IX también pueden dirigirse a la Oficina de Derechos Civiles (OCR) del Departamento de Educación de EE.UU.: <https://www2.ed.gov/about/offices/list/ocr/index.html>. Para más información sobre las políticas de no discriminación y discriminación por razón de sexo; los procedimientos de reclamación y sobre cómo comunicar una preocupación o queja visite: www.bethelsd.org.



A resource for
students & parents

HELP STOP!

- Harassment
- Intimidation
- Bullying

www.bethelsd.org

BEST PRACTICES FOR STUDENTS

- **The most important thing is to believe in yourself,** embrace your differences, and be proud of who you are.
- **Find the good in others.** Everyone has something positive to offer, discover and embrace it.
- **Don't just stand by; help students who are being bullied.**
 - Report it: Get a teacher or principal involved.
 - Reach out: Talk to the person being bullied to see if they are doing okay.
- **Know what bullying is.** Make sure you have read and understand what your school policy is on bullying.
- **What process does the school have in place to help you or others?** Each school should give a step-by-step process for you to follow to get help.
- **Who are the key people in your building who can help you?** Is your principal, teacher, coach or counselor the best person for you to talk to first?
- **Don't be afraid to talk with your parents about what's going on and how you feel.** Get some advice on what options you have to handle the situation.
- **Never assume that an adult saw or heard it.** You may have to be the one to report it.
- **Be specific when you make a report.** Give details of what exactly happened – when, where and who was involved. Make sure to have names or clear descriptions of those involved. Do not expect results from reports such as, "they were talking about me."

BEST PRACTICES FOR PARENTS

- **Bandage the emotional wounds first.** When your child is the victim of bullying, remember to help heal their pain before moving forward to handle the rest of the situation. They need to know they are loved more than anything else.
- **Work to develop a strong sense of value and self-worth in your child.** Reinforce the positive choices they make and the things that make them special.
- **Lead by example.** Show your children through your actions what is expected of them. Do not pass judgment on others just because they are different. Teach your children to be kind and accepting of others.
- **Know the anti-bullying policy at your child's school.** Follow the specific procedures put in place when reporting a bullying incident.
- **Work with the school,** not against them, in order to accomplish a positive end result.
- **Monitor your child's social networking sites and cell phone use.** Know all login information and periodically check for suspicious posts, tweets, texts, photos and videos.
- **Take the extra step to help your child develop into a confident student leader.** Visit stopbullying.gov for helpful tips for encouraging the healthy growth of your student.

HOW TO REFUSE BULLYING AND NOT BE A "BYSTANDER?"

Bullying situations usually involve more than the bully and the victim. They also involve bystanders—those who watch bullying happen or hear about it.

Hurtful Bystanders

- **Instigate the bullying** by prodding the bully to begin.
- **Encourage the bullying** by laughing, cheering, or making comments that further stimulate the bully.
- **Join in the bullying** once it has begun.
- **Passively accept bullying** by watching and doing nothing. Often without realizing it, these bystanders also contribute to the problem. Passive bystanders provide the audience a bully craves and the silent acceptance that allows bullies to continue their hurtful behavior. The majority of the bystanders fall into this category.

Helpful Bystanders

- Have the power to play a key role in **preventing or stopping bullying.**
- **Directly intervene**, by discouraging the bully, defending the victim, or redirecting the situation away from bullying.
- **Get help**, by rallying support from peers to stand up against bullying or by reporting the bullying to adults.



Bullying!