FONTANA UNIFIED SCHOOL DISTRICT
BULLYING POLICY, NOTICE, AND PREVENTION FORM

(All Students Must Read and Sign After Class Presentation)

Statement of policy on bullying

The Fontana Unified School District's policy on bullying or harassment is that it is unacceptable. Bullying is a breach of a student's rights and responsibilities under the laws of the State of California. Every student has a right to feel protected, nurtured and valued.

What is bullying?

Bullying is any willful, conscious behavior intended to hurt another person, either physically, verbally, or by intimidation, isolation or cyber bullying. Bullying is against the law in California.

Cyber bullying is a new form of bullying. It happens over the Internet by computer, cell phone, or other electronic device. It usually involves nasty words or pictures about someone, or spreading lies about the victim to those on the Internet, Facebook, MySpace, and Twitter, which are commonplaces for bullying.

Bullying may take many forms and can include:

- picking on others
- making hurtful and racist comments
- any form of physical violence, such as hitting, pushing or spitting
- suggestive comments or other forms of sexual abuse
- forcing others to act against their will
- verbal threats of aggression against property or possessions
- using put-downs or belittling others' abilities and achievements
- using offensive names, or teasing or spreading rumors about others or their families
- acts of vandalism

Bullying is a serious issue

Bullying is not "okay." Do not tolerate bullying—such incidents are too important not to report. A tradition of silence is a barrier to be broken down. As a student, it is not only your right, but also your duty to report bullying, whether it happens to you or to someone else.

Who are the bullies?

Anyone can be a bully—any of us. We all have the capacity and, occasionally, the inclination to be hurtful.

Any person who aims in some way to hurt someone else by causing either physical or emotional pain is a bully. Some bullies do the hurting themselves, some are ringleaders who get others to do their dirty work and some are members of a group. Others unintentionally encourage bullies by being onlookers when bullying occurs; they fail to intervene or report the bullying. Often bullies justify their behavior by saying they were only teasing or having fun. If the person being teased does not like it, or want it, and yet others persist with it, then it is a clear case of bullying. It is cruel and unfair behavior. This behavior is against the rules and law.

What can you do if you witness bullying?

There is a risk that you can become the victim, or be called a tattle-tail or snitch because you told your teacher or principal that you were a victim of bullying or saw someone being bullied, but you have a duty to tell what happened so the bullying can be stopped. The school wants you to:

- care enough to want to do something.
- intervene, if possible, when the bullying occurs by simply saying "cut it out," "leave him/her alone," or "quit it." This is very useful if you have influence with the bully; for example, you are older, a friend, or are liked by the person violating the rules.
- report the incident to someone as soon as you can (if you cannot help immediately). Your report can be private and confidential. Alternatively, you may wish to make an anonymous report that will advise of an incident, a bully or a victim.
- offer support and friendship to the victim. Encourage the victim to get help through his/her teacher, principal, school security, police or family.

What can you do if you are bullied?

As the victim, you are the one who should take action most strongly:

- Try not to retaliate by becoming a physical or verbal bully yourself.
- Try to ignore the bullying. If you show that you are not upset, the bully may stop.
- Tell the bully to "quit it," "get lost" or "cut it out."
- Laugh it off; use humor.
- Don't be afraid to talk about it with your friends or family.
- Leave the area and go directly to an adult, like a teacher or the principal.
- Establish a friendship network.

Consequences

There are clear consequences for bullying and if a student is found to be bullying, he/she can expect some of the following to happen:

- Written records kept on the behavior
- Stern warning accompanied by a formal letter to the student and parent
- Monitoring of behavior
- Consultation with parent
- Detention and community service
- Counseling/behavior modification programs
- Loss of school privileges
- Suspension from school—resuming only on the condition that a formal contract is signed, undertaking to cease all bullying behavior
- Expulsion

Those who bully or harass others are themselves in need of help, with help being behavior modification strategies, counseling and the provision of very clear boundaries.

I have read the above policy on Bullying. I understand my rights and obligations as a student and will follow the school rules against bullying and/or report any bullying I see.

_____ _____

Student Name (please print) **Student Signature**

_____/_____ _____

Grade Date **Parent Signature**

Teacher's Name_____