

is it

BULLYING?

When someone says or does something
unintentionally hurtful
and they do it once, that's

RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's

MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*—
even when you tell them to stop or show
them that you're upset—that's

BULLYING.

Bullying: Defined and Response 2025-26

Bullying is a form of abuse in which someone who is perceived to be more powerful repeatedly torments someone perceived to be weaker. The torment can be verbal, emotional, psychological, or physical. Bullying hurts. Bullying behavior disrupts learning, spreads fear among students, reduces teacher effectiveness, and can cause psychological harm, resulting in violence and the threat of harm and thereby affects not only the students involved, but the entire school community as well. *By definition, bullying behavior involves harm, an unfair match, and repetition.* Harm means someone gets hurt - physically, socially, or emotionally. Unfair match means that the targeted student or group of students does not have the physical, verbal, or social skills to effectively resist the bullying behavior. And repetition means that the harm and unfair match are repeated over a period of time.

Social cliques are powerful examples of social bullying behavior. You are either an insider or an outsider. Social bullying behavior often goes undetected, but can be even more damaging than physical bullying. Students who exhibit social bullying behavior often isolate a targeted student by spreading rumors or lies about him or her. Verbal bullying behavior can be difficult to distinguish from typical conversations given the way students tease and joke with each other, often without malice. Verbal bullying behavior becomes clear when an unfair match exists between the perpetrator and the student who is being targeted and the verbal abuse is repeated over time. Cyberbullying has become the most common type of bullying behavior among tweens and teens. Cyberbullying involves the use of electronic communications to harass, intimidate, or bully. A single incident can meet the repeated portion of the bullying definition if the communication is widely and rapidly shared.

In today's schools, an effective anti-bullying strategy focuses heavily on prevention. To deal with bullying, we are committed to stopping bullying behavior by providing initial and consistent lessons, building a culture of positive behaviors, interventions, and supports, establishing best practices and applying those practices.

If you have been bullied, please report the incident directly to a school staff member. We will look into the situation and provide appropriate support and solutions while keeping those involved updated with information.