

# Rustburg High School Bullying Prevention & Reporting

At Rustburg High School, we are committed to providing a safe, supportive learning environment where every student feels respected, valued, and able to succeed. Our goal is to promote personal growth, healthy relationships, wellness, and academic success in a school culture that is free from discrimination, violence, harassment, and bullying.

Bullying can threaten students' physical and emotional safety and can negatively impact their ability to learn. The most effective way to address bullying is to stop it before it starts, and that begins with awareness, communication, and reporting concerns when they arise.

## Reporting Bullying

Students and parents are encouraged to report concerns to administration or your student's counselor so they can be addressed quickly.

- Brantley Shields, Principal  
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- Lisa Pugh, Assistant Principal (Grades 9 and 12)  
Email: [lpugh@campbell.k12.va.us](mailto:lpugh@campbell.k12.va.us) Phone: 434-332-5171 ext. 705
- Charles "Burt" Torrence, Assistant Principal (Grades 10 and 11)  
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- Regina K. Harris (Director/School Counselor H – Me)  
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- Bobbi Anna Crie (School Counselor A – G)  
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- Katherine Baker (School Counselor Mi-Z)  
Email: [katherine.baker@campbell.k12.va.us](mailto:katherine.baker@campbell.k12.va.us) Phone: 434-332-5171 ext. 312

Students are encouraged to report incidents they witness—even if they are not the direct target. Reporting helps ensure that everyone feels safe at school.

## What Is Bullying?

Sometimes it can be difficult to tell the difference between bullying and peer conflict. While both may involve inappropriate behavior, bullying typically includes three key factors:

- Intentional – The behavior is meant to harm or hurt someone
- Imbalance of Power – One student has more power (physical, social, or emotional) than the other
- Repeated Behavior – The behavior happens repeatedly or is likely to continue

Bullying can take many forms, including:

- Verbal: threats, teasing, name-calling
- Social: spreading rumors, exclusion from groups
- Physical: hitting, pushing, or other physical aggression
- Cyberbullying: harassment through texting, social media, gaming platforms, or other digital communication

Regardless of whether it is bullying or peer conflict, these behaviors should always be addressed by students, parents, and school staff.

## **How Parents and Families Can Help**

Families play an important role in preventing and addressing bullying.

Parents can support their children by:

- Understanding what bullying is and recognizing the warning signs
- Talking regularly with their child about school experiences and friendships
- Setting clear expectations for respectful behavior and digital responsibility
- Modeling kindness, respect, and empathy in everyday interactions
- Contacting a teacher, school counselor, or administrator if concerns arise
- Supporting their child's mental and emotional well-being by seeking help when needed

## **Be an Upstander**

Rustburg High School encourages students to be Upstanders, not bystanders.

Students can help stop bullying by:

- Speaking up and saying "Stop."
- Walking away and refusing to participate
- Supporting the person being targeted
- Finding other students who will stand up together
- Reporting the situation to a trusted adult

Giving attention or encouragement to bullying—even unintentionally—can allow it to continue. Choosing to stand up for others helps build a stronger and more respectful school community.

## **Together We Build a Stronger School**

At Rustburg High School, we believe that respect, kindness, and accountability are essential to maintaining a positive school culture. By working together—students, families, and staff—we can ensure our school remains a place where every Red Devil feels safe, supported, and ready to learn.