

BULLYING

Definition of Bullying

Bullying is when a student or a group of students intentionally and repeatedly uses hurtful or intimidating words, actions or other behaviors against another student.

A student is bullying you if he or she does any of the following things **intentionally** and **repeatedly**:

- Says unkind, harsh, demeaning, or abusive things to you or calls you names.
- Threatens or intimidates you in writing, email, notes, messages, to you in person, or by any electronic means.
- Teases, taunts, or harasses you.
- Makes negative comments, slurs, or innuendos towards you.
- Tells other people offensive or insulting things about you.
- Ostracizes you, isolates you or tells other students not to talk to you, involve you, or be around you.
- Writes threatening, demeaning, or intimidating letters or email messages to you.
- Makes cruel faces or physical gestures at you.
- Physically hits, kicks, slaps, punches, pinches or purposely assaults you in any way.
- Forces, coerces, influences or manipulates you do something that you do not want to do.
- Frequently tells you lies that make you feel upset or that affect you in a negative manner.
- Makes you feel uncomfortable to attend school or disrupts your concentration at school.

What Should You do if You are Being Bullied?

If you think that someone is bullying you during the school day, on school property, on a school bus, or at a school-sponsored activity, you should tell your teacher or an adult at EASTERN or your home school immediately.

What Happens if You Report a Bully?

- EASTERN or your home school will investigate the situation.
- EASTERN or your home school may decide to have a conference with the bully's parents.
- The bully may be suspended from EASTERN.
- The police and law enforcement may need to be contacted, especially if the bully threatened someone or tried to hurt someone.