

About the Bully

A bully is someone who wants to control others by manipulating and embarrassing them. Bullying is never okay. It is a learned behavior and can be changed. The bully can receive help and support to change bullying behaviors by contacting a school guidance counselor, a teacher, or administrator.

Examples of Bullying

Bullying can be physical, verbal, or emotional but it is always deliberate, hurtful behavior. Some common forms of bullying include:

- Name calling
- Teasing, making fun of someone
- Spreading rumors
- Putting down others
- Starting lies about another
- Expressing sarcasm, subtle negative comments
- Excluding specific persons
- Taking money or other things from another
- Pushing, tripping
- Ridiculing
- Threatening, intimidating
- Racial taunting
- Making sexual comments or innuendos

What Parents Can Do...

Talk to your child about bullying and harassment. Ask, if you think your child is being bullied. Encourage your child to report bullying at school to teachers, school counselors, or principal.

What Victims Can Do...

You shouldn't feel ashamed about being bullied. It's not your fault – no one deserves to be bullied. It is very important that you get help. Do not assume that adults already know what is going on.

- Report bullying at school to teachers, school counselors, or administrators
- Write down what happens and when and where it has happened
- Talk to your parents
- Ignore the bully or don't react
- Walk away
- Be assertive, but do not get into a physical or verbal fight
- Hold your head up, show confidence in yourself
- Use humor
- Stick with a friend when going to and from school, during class changes and at lunch
- Avoid the bully when necessary
- **If the bullying continues, continue to report it!**

What Witnesses Can Do...

It is very hard for a victim to stop the problem. Other people must make this happen for them. If you observe incidents of bullying, support the victim. Tell the bully to stop; do not laugh or side with the bully. Don't confront the bully if you think someone may get hurt. Report all incidents of bullying to school staff and encourage the victim to do the same.

Cyberbullying

Cyberbullying, instead of happening face-to-face, happens through the use of technology such as computers, cell phones and other electronic devices. Cyberbullying peaks around the end of middle school and the beginning of high school.

Examples of cyberbullying include:

- Sending hurtful, rude, or mean text messages to others
- Spreading rumors or lies about others by e-mail or on social networks
- Creating websites, videos or social media profiles that embarrass, humiliate, or make fun of others

CHS Definition of Bullying

A student, either individually or as part of a group, shall not harass or bully others. Bullying can be defined as the use of one's strength or status to intimidate, injure, humiliate or control others. Bullying always involves a power imbalance between the bully and the victim(s).

Bullying Statistics

- Bullying is often referred to as "simply part of growing up" yet research reveals that children consider the death of someone close as the only experience worse than bullying.
(http://www.police.govt.nz/service/y es/nobully/bully_info.html)
- Studies show that between 15 – 25% of U.S. students are bullied with some frequency. (Melton et al, 1988; Nansel et al, 2001)
- As many as 160,000 students may stay home on any given day because they are afraid of being bullied. (Pollack, 1998)
- Most students (80%) are not actively involved in bullying - they are neither a bully nor a victim. They know it's wrong but unless their help is requested or they understand that they have a responsibility to act, their silence supports the abuse.
(http://www.police.govt.nz/service/y es/nobully/bully_info.html)

CHS Code of Conduct

Charleroi High School is committed to creating a school environment that is free from bullying and harassment. The school administration will respond quickly and decisively to reported incidents of bullying.

Reporting Bullying

Talk to a:

School Administrator, Teacher, School Counselor, School Nurse, Bus Driver, School Psychologist, School Resource Officer, or Call CHS at (724) 483-3573

Contact Information

Charleroi High School
100 Fecsen Drive, Charleroi, PA
(724) 483-3573

Dr. Patricia Mason

Principal

Mrs. Amy Nelson

Dean of Students

Mrs. Gina Cotton

Guidance Counselor

Mrs. Tara Johnson

Guidance Counselor

Mrs. Janet Toth

Guidance Counselor

Mr. Ryan Brand

School Resource Officer

Charleroi High School

**Putting a
Stop to
Bullying
&
Harassment**

www.charleroisd.org