SWALLOWS
CHARTER ACADEMY

Bullying Prevention & Resources

At Swallows Charter Academy, we are committed to providing a safe, respectful, and supportive learning environment for every student. Bullying can affect a student's emotional well-being, relationships, attendance, and ability to learn. Preventing bullying is a shared responsibility among students, families, staff, and our community.

What Is Bullying?

Under Colorado law, bullying includes a written or oral expression, physical or electronic act or gesture, or a pattern of behavior intended to coerce, intimidate, or cause physical, mental, or emotional harm to a student. Bullying can happen in person or electronically and may include:

Verbal bullying: Name-calling, teasing, taunting, threats, or hurtful comments.

Social/relational bullying: Spreading rumors, intentionally excluding someone, embarrassing someone, or trying to damage friendships or reputation.

Physical bullying: Hitting, kicking, pushing, tripping, damaging belongings, or other unwanted physical behavior.

Cyberbullying: Bullying through text messages, social media, gaming platforms, apps, email, or other electronic communication.

Bullying vs. Conflict

Not every disagreement, argument, or unkind interaction between students is bullying. Bullying generally involves harmful or intimidating behavior and may involve a pattern of behavior. The federal definition of bullying also emphasizes a real or perceived power imbalance and behavior that is repeated or has the potential to be repeated. Conflict between students can still be serious and should be addressed, even when it does not meet the definition of bullying.

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Bullying Facts

- Approximately 1 in 5 students ages 12-18 reported experiencing bullying during the 2021-22 school year.
- In the 2023 Youth Risk Behavior Survey, approximately 19% of high school students reported being bullied on school property during the previous 12 months.
- Bullying can occur at school, on the playground, on the bus, while traveling to or from school, in the community, and online.
- Bullying can affect everyone involved—including the student being bullied, the student engaging in bullying behavior, and students who witness it.
- Students experiencing bullying may have increased risk for anxiety, depression, sleep difficulties, lower academic achievement, school avoidance, and other social-emotional concerns.

Warning Signs





- A student experiencing bullying may not always tell an adult. Possible warning signs can include:
- Unexplained injuries
- Lost or damaged belongings
- Frequent headaches or stomachaches
- Changes in eating or sleeping
- Declining grades or loss of interest in school
- Not wanting to attend school
- Sudden changes in friendships
- Avoiding social situations
- Decreased self-esteem
- Becoming withdrawn, anxious, or unusually upset
- Significant changes in technology or social media use

One warning sign does not necessarily mean a student is being bullied, but significant changes in behavior are worth discussing with your child.

What Should Students Do?

If you are experiencing or witnessing bullying:

1. **Tell an adult.** Talk to a teacher, school counselor, administrator, parent, coach, or another trusted adult.
2. **Don't join in.** Laughing, sharing a post, forwarding a message, or encouraging the behavior can make the situation worse.
3. **Be an upstander.** When it is safe, support the person being targeted and seek help from an adult.
4. **For cyberbullying, save the evidence.** Keep screenshots, messages, usernames, dates, and other information that may help adults understand what happened.
5. **Keep reporting.** If the problem continues, tell a trusted adult again.





What Can Parents & Guardians Do?

If your child reports bullying:

- Listen calmly and take the concern seriously.
- Ask what happened, who was involved, where it occurred, and whether it has happened before.
- Avoid encouraging your child to retaliate.
- Save screenshots or other documentation involving cyberbullying.
- Contact the school so staff can appropriately investigate and respond.
- Continue checking in with your child.
- Watch for changes in mood, sleep, eating, friendships, school performance, or willingness to attend school.

Report a Concern

Students and families are encouraged to report bullying concerns directly to Swallows Charter Academy so that school staff can appropriately respond and provide support.

Students may speak with a teacher, school counselor, administrator, or another trusted staff member.

Safe2Tell Colorado

Students, parents, and community members may also anonymously report safety concerns through Safe2Tell Colorado.

Call: 1-877-542-7233

Online: https://safe2tell.org/

Safe2Tell is available 24 hours a day and can be used to report concerns involving bullying, threats, violence, self-harm, drugs, weapons, or other student safety concerns.

If there is an immediate emergency or threat to someone's safety, call 911.

Additional Bullying Prevention Resources

Colorado Department of Education — Bullying Prevention & Education
Information, guidance, and bullying prevention resources for Colorado schools, families, and students.
https://ed.cde state.co.us/mtss/bullying

CDE — Prevent Harassment, Discrimination & Bullying
Information about Colorado and federal protections and options for reporting concerns involving bullying, harassment, and discrimination.
https://ed.cde state.co.us/mtss/preventing-harassment-discrimination-and-bullying

StopBullying.gov
Federal resources for students, parents, educators, and communities covering bullying, cyberbullying, warning signs, prevention, and responding to bullying.
https://www.stopbullying.gov/

StopBullying.gov — Resources for Kids
Kid-friendly videos and information about what bullying looks like, what to do when you are bullied, and how to stand up for others.

Cyberbullying Resources for Parents
Information for parents and caregivers about recognizing, preventing, and responding to cyberbullying.
https://www.stopbullying.gov/cyberbullying

Our Commitment

Every student deserves to feel safe, respected, included, and supported at school. We encourage students to speak up, seek help, support one another, and report concerns. When students, families, and school staff work together, we can create a school community where kindness, respect, and belonging are the expectation.