



Bullying

Sponsored by Community Service Board of Middle
Georgia APEX program

Facts About Bullying

Bullying is being mean to another kid over and over again. Bullying often includes:

Teasing

Talking about hurting someone

Spreading rumors

Leaving kids out on purpose

Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook, sharing embarrassing pictures or videos, and making fake profiles or websites.

<http://www.stopbullying.gov/kids/facts/index.html>

Kids Who are Bullied

Kids who are bullied can feel like they are:

Different

Powerless

Unpopular

Alone

Kids who are bullied have a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. Bullying can make them:

Sad, lonely, or nervous

Feel sick

Have problems at school

Bully other kids

<http://www.stopbullying.gov/kids/facts/index.html>



Kids Who Bully Others

Kids bully others for many reasons, they may:

Want to copy their friends

Think bullying will help them fit in

Think they are better than the kid they are bullying

Bullying is never ok. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart. Or, the kid doing the bullying may know a secret about the kid being bullied.

Kids who bully can have other problems, too, even when they get older, like using alcohol and drugs, getting into fights, and dropping out of school.

Kids Who See Bullying

When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they don't feel safe. They may join in or stay silent so they won't get bullied themselves. They may stand up to the bully. But the best thing to do is get an adult who will stop the bullying on the spot.



Prevention at School

A teacher talks to a class of teens. Bullying can threaten students' physical and emotional safety at school and can negatively impact their ability to learn. The best way to address bullying is to stop it before it starts. There are a number of things school staff can do to make schools safer and prevent bullying.

Getting Started

Assess school prevention and intervention efforts around student behavior, including substance use and violence. You may be able to build upon them or integrate bullying prevention strategies. Many programs help address the same protective and risk factors that bullying programs do.



Assess Bullying in Your School

Conduct assessments in your school to determine how often bullying occurs, where it happens, how students and adults intervene, and whether your prevention efforts are working.

Engage Parents and Youth

It is important for everyone in the community to work together to send a unified message against bullying. Launch an awareness campaign to make the objectives known to the school, parents, and community members. Establish a school safety committee or task force to plan, implement, and evaluate your school's bullying prevention program.



Create Policies and Rules

Create a mission statement, code of conduct, school-wide rules, and a bullying reporting system. These establish a climate in which bullying is not acceptable. Disseminate and communicate widely.

Build a Safe Environment

Establish a school culture of acceptance, tolerance and respect. Use staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook to establish a positive climate at school. Reinforce positive social interactions and inclusiveness.

Educate Students and School Staff

Build bullying prevention material into the curriculum and school activities. Train teachers and staff on the school's rules and policies. Give them the skills to intervene consistently and appropriately.

For more information go to stopbullying.gov



BULLY FREE ZONE

Make East Laurens Primary a Bully free Zone

