

What if I witness bullying?

“Bullying stops in less than 10 seconds, 57% of the time when peers intervene on behalf of the victim.”
—(Hawkins, Pepler, Craig 2001)

- ⇒ Let the bully know that what they are doing is not ok or that you do not like it
- ⇒ Don't watch! If you believe that you can't intervene walk away and get an adult
- ⇒ Don't react with laughter, giggles, or snickers
- ⇒ Quiet rumors by telling the truth (and only the truth)
- ⇒ Offer support to the victim by being a friend in a time of need (you may need to help them report)
- ⇒ Ask an adult for help

*Bullies often have multiple victims so by not doing anything you could be hurting multiple others and you could be NEXT!

Social Consequences of Bullying (Bullies are more likely to...)

- ⇒ Demonstrate future delinquent behaviors often resulting in criminal activity
- ⇒ Dropout from school
- ⇒ Suffer from depression
- ⇒ Engage in future mistreatment of spouse and children



Work Together:
Teachers, administrators, staff, parents and students are all a part of the solution

MYTHS ABOUT BULLYING

Myth #1—Some people deserve to be bullied. False. No one ever deserves to be bullied or “asks for it.” Bullies often target people who are “different” in some way. Being different is not a reason for being bullied.

Myth #2—Bullying is a normal part of growing up. Getting teased, picked on, pushed around, threatened, harassed, insulted and abused is not normal.

Myth #3—The best way to deal with a bully is by fighting or trying to get even. Not true! Fighting can only get you hurt or in trouble. Research shows that it only makes things worse for the victim.

Myth #4—People who are bullied will get over it. Don't believe it. Bullying hurts for a long time. Some students have dropped out of school because of bullying. Others have become so sad, afraid, depressed that they committed suicide.

Primary sources used:

Channing Bete Company

Some helpful websites:

www.nea.org/schoolsafety/bullying.html

www.StopBullyingNow.hrsa.gov

www.getnetwise.org

Creating a Bullying-Free School

-A guide for EHS Students

Fort Zumwalt East High School



Bullying should not be a fact of life for any student!

WHAT IS THE DISTRICTS POLICY ON BULLYING?

File: JFCF

Bullying – For purposes of this policy, bullying is defined as repeated and systematic intimidation, harassment and attacks on a student or multiple students on or off school grounds perpetuated by individuals or groups. Bullying includes, but is not limited to,



Bullying is a serious problem that can have serious consequences

*...damaging property, or
...exclusion from a peer group.*

“Students participating in or encouraging inappropriate conduct will be disciplined in accordance with JG-R.” “Such discipline may include, but is not limited to, suspension or expulsion from school and removal from participating in activities.”

*...physical violence,
...verbal taunts,
...name-calling,
...cyber attacks and put-downs,
...threats,
...extortion or theft,*

BULLYING CAN TAKE MANY FORMS

Physical Bullying is usually the easiest type to see. It includes:

- * Assaults such as hitting, pushing or tripping.
- * Taking items such as money, food, or homework
- * Damaging belongings such as clothing or school projects

Verbal Bullying is the most common type. It includes:



Verbal and non-verbal bullying can have worse effects than physical bullying

- * Teasing and taunting
- * Criticizing
- * Spreading rumors
- * Racial or ethnic slurs

Nonverbal (relational) bullying can be very subtle. It includes:

- * Nasty looks
- * Ignoring or excluding on purpose
- * Trying to harm a person’s friendships

Cyber bullying can happen in and out of school. It may involve:

- * Sending cruel emails or instant messages
- * Threatening others in chat rooms, via Facebook, Twitter, etc.
- * Creating Web sites meant to damage reputations
- * Taking embarrassing photos with cell phone cameras

Together we can be bully free!

WHAT TO DO IF YOU ARE BULLIED?

- **If you are in real danger, walk (or RUN!) away.** Get away as quickly as possible.
- **Record the 5 W’s immediately**
 - Who did the bullying?
 - What happened?
 - When (time) did this happen and how long has this been happening?
 - Where did it take place?
 - Were there any witnesses?
- **Tell an adult you trust.** They can help it stop. Tell a teacher, counselor, principal, parent, police officer (SRO) or call the schools safeline (314-941-0331).
- **Stand up for yourself.** If you don’t feel like you are in danger, stand up straight, look the bully in the eye, and say in a confident voice. “Leave me alone!” Then walk off.

Social Consequences of Bullying—Victims are more likely to...

- Suffer from depression (1 and 13 students reported suicide attempts within a 12 month period)
- Develop poor self-esteem and emotional scars that often carry over into their adult lives
- Have poor school attendance and achieve less academically

