

PARENT/STUDENT RESOURCES

PGCPS ANTI-BULLYING INTRODUCTION/ INFORMATION/REPORT FORM:

[http://www1.pgcps.org/WorkArea/
DownloadAsset.aspx?id=138348](http://www1.pgcps.org/WorkArea/DownloadAsset.aspx?id=138348)

Health and Human Services Anti-Bullying Website:

<http://www.stopbullying.gov/>

STOPBULLYING.GOV

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

FAMILY EDUCATION.COM

[http://life.familyeducation.com/behavioral-
problems/bullies/40172.html?
page=2&detoured=1](http://life.familyeducation.com/behavioral-problems/bullies/40172.html?page=2&detoured=1)

BULLYING.ORG

<http://www.bullying.org/>

ANTIBULLYING.NET

<http://antibullying.net/>

EDUCATION.COM

www.education.com/topic/school-bullying-



Bullying doesn't have to be Physical to Hurt...

McGruff can help ...

Stop Bullies

"When You See Someone Being Bullied, Remember These Tips"

- **Speak Up.** Tell the bully what you think of what's going on. Say, "That's not funny, let's get out of here" or something similar.
- **Be a Friend.** When kids go somewhere without their friends, they are more likely to get picked on by a bully.
- **Get an Adult.** If you see someone being bullied, get an adult.



"Did you
know that
you can
stop bullies?"



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SCHOOL LIAISON
OFFICE

Military & Family Support Center
1191 Menoher Drive
Joint Base Andrews , MD 20762

Phone: 301 981-0057
Fax: 301 981-9215
E-Mail: Sharon.moore@afncr.af.mil

JOINT BASE ANDREWS

BULLY
FREE
ZONE

SCHOOL LIAISON OFFICE

WHAT IS BULLYING?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order **to be considered bullying**, the behavior must be aggressive and include:

An Imbalance of Power:

- Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition:

- Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



This may be funny to you but ... it's certainly NOT to me!

TYPES OF BULLYING

VERBAL BULLYING

Verbal bullying is saying or writing mean things.

Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

SOCIAL BULLYING

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

PHYSICAL BULLYING

Physical bullying involves hurting a person's body or possessions.

Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

RESPOND TO BULLYING

SUPPORT THE KIDS INVOLVED

All kids involved in bullying—whether they are bullied, bully others, or see bullying—can be affected. It is important to support all kids involved to make sure the bullying doesn't continue and effects can be minimized.

SUPPORT THE KIDS BEING BULLIED

- Listen and focus on the child
- Assure the child that the bullying is not their fault
- Kids who are bullied may not want to talk about it
- Give advice about what to do
- Work together to resolve the situation

- Ask the child being bullied what can be done to make him or her feel safe
- Never tell the child to ignore the bullying
- Do not blame the child for being bullied
- Do not tell the child to physically fight back
- Do not contact the other parents directly, allow the school to mediate
- Be persistent in following up; ensure bullying is not repeated

REQUEST THE SCHOOL ADDRESS

BULLYING BEHAVIOR

- Make sure the child knows what the problem behavior is
- Show kids that bullying is taken seriously.
- Work with the child to understand some of the reasons he or she bullied.
- Use consequences to teach acceptable behavior
- Involve the kid who bullied in making amends or repairing the situation.
- Avoid strategies that don't work or have negative consequences.
- Continue to find ways to help the child who bullied understand how what they do affects other people.
- Model how to treat others with kindness and respect



Maybe someday, with a little help and understanding, that BULLY may surprise you and become...
A BEST FRIEND