

Bullying Quick Guide

Treat others with kindness and respect

- Avoid Verbal Confrontations. These actions can often lead to physical altercations.
 - Rumors/gossip (may be considered bullying)
 - Name calling/put-downs (may be considered bullying)
 - Aggressive arguing
 - Inappropriate physical gestures (may be considered bullying)
- Violations can result in RPC and/or Suspension
- It is OK to disagree, and it is OK to dislike someone or something.
 - Disagree or dislike in peace; do not make it a public event, start a rumor, or incite an argument.
 - If you have a disagreement with someone, either agree to disagree or ignore that person. Do not seek out conflict.

Verbal Altercations

- Know that your parents will be contacted if these issues of disagreement lead to a counselor or dean's referral.
 - Repeated events **WILL BE** investigated as possible bullying.
 - Drama and rumors affect your ability to learn and succeed in class. Grades, attendance, and behavior will be discussed with your parents.
- Possible Consequences
 - RPC (starting point)
 - Suspension (3, 5, 7, 10)
 - Behavior School (if repeated bullying is connected)
 - Expulsion recommendation (if repeated bullying is connected)

Drama

- Bullying is a repeated willful act meant, written, verbal or physical that is highly offensive to a reasonable person.
 - Intended to cause harm (physical or emotional)
 - Exploits an imbalance of power
 - Poses a threat of immediate harm or inflicts harm
 - Places the other person in reasonable fear or severe emotional distress
 - Creates a hostile environment by interfering with their education
 - Involves race, gender, sexual orientation, sexual identity, physical attributes, social, economic, family status, and others
- Threats to students and fights are considered bullying!!

Bullying

- **Physical Bullying:** An act of a physical nature intended to cause harm, harass and/or intimidate another person.
 - Pushing, Spitting, Hitting, Tripping, sexual gestures.
- **Verbal Bullying:** May be verbal or written with the intent to put down, harass, or intimidate another person.
 - Repeated or highly offensive name calling and teasing, threats of violence, sexual harassment, retaliation, non-verbal intimidation.
- **Relational Bullying:** Intentional manipulation of relationships with the purpose of damaging, disrupting, or preventing relationships.
 - Spreading rumors, lying to intentionally cause harm, ostracizing others.

Types of Bullying

- **Online “fights”** using electronic messages with angry and vulgar language.
- **Cyberstalking:** Repeatedly sending messages that include threats of harm or are highly intimidating
- **Outing:** Sharing someone’s secrets or embarrassing information online
- **Sexting:** Sending sexually explicit messages, photographs, or videos
- **Impersonation:** breaking into someone’s account and pretending to be that person to make them look bad, get in trouble or danger, damage their reputation.
 - **NEVER GIVE OUT YOUR PASSWORD OR SHARE ACCOUNTS!!**

Types of Cyberbullying

- If there is an accusation of, or a suspected incident of bullying, an investigation **MUST** occur.
 - All students and parents **WILL** be interviewed within 2 days.
 - A phone call, email, and letter will be sent home informing parents of a bullying investigation.
- Possible consequences for committing bullying or giving a fake report: (Attack on character or intentionally damaging their reputation)
 - Parent Contact (this is required for ALL incidents)
 - RPC: (T or B)
 - Suspension (3 day, 5 day, 7 day)
 - Behavior School
 - Expulsion

Bullying investigations

- Focus on you and what YOU can control.
 - Academics, being positive, helping others
- Be an Upstander, not a Bystander
- Treat others as you want to be treated.
- Speak kindly to each other
- Know that you are responsible for your actions and reactions.

- If you see something, say something

Conclusion