


# Bullying

## Be clear about the consequences for bullying

Your complete anti-bullying policy lists the consequences students will face when they choose to engage in bullying behavior. To make sure that everyone is aware of these consequences, distribute a copy of your school's discipline rubric to parents at your next school event. Make copies available to staff and community members, as well.

Here's a SAMPLE discipline rubric to give to parents. On the CD included with this kit, you'll find a Microsoft® Word version which you can personalize and adapt to your specific policy.

<b>Braddock Road School</b> <b>Consequences for Bullying</b> 				
Behavior	First Incident	Second Incident	Third Incident	After Three Incidents
<b>Level One:</b> <ul style="list-style-type: none"> <li>• Teasing or name-calling*</li> <li>• Spreading rumors*</li> <li>• Intimidating or humiliating others*</li> <li>• Threatening to reveal personal information*</li> <li>• Excluding/ignoring others</li> <li>• Kicking, pushing or hitting</li> <li>• Stealing or defacing property</li> </ul>	Verbal warning, Discipline Referral, Letter to parents—must be signed and returned, and Student makes amends.	Two-day privilege loss, Discipline Referral, Student calls parent, Letter to parents—must be signed and returned, Student makes amends, and Reflection Worksheet	Three-day privilege loss, Discipline Referral, Student calls parent, Letter to parents—must be signed and returned, Student makes amends, Reflection Worksheet, and Meeting with Counselor	Meeting with principal, Discipline Referral, and Administration will develop an individual plan & determine consequences
<b>Level Two:</b> <ul style="list-style-type: none"> <li>• Harassing others based on race, color, national origin, sex or disability*</li> <li>• Threatening violence*</li> <li>• Making obscene sexual comments or gestures*</li> </ul>	Two-day privilege loss, Discipline Referral, Student calls parent, Letter to parents—must be signed and returned, Student makes amends, and Reflection Worksheet	Three-day privilege loss, Discipline Referral, Student calls parent, Letter to parents—must be signed and returned, Student makes amends, Reflection Worksheet, and Meeting with Counselor	Meeting with principal, Discipline Referral, and Administration will develop an individual plan & determine consequences	Administration will determine consequences
<b>Level Three:</b> <ul style="list-style-type: none"> <li>• Inflicting severe bodily harm</li> <li>• Threatening with a weapon</li> <li>• Extortion*</li> <li>• Exposing oneself</li> <li>• Touching others inappropriately</li> </ul>	Administration will determine consequences for all level three behaviors, which may result in suspension or expulsion  Criminal behavior will be reported to law enforcement			

\*Verbal, written or via media, which includes, but is not limited to, text messages, picture messages, emails and postings on websites.

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## Distribute a summary of your anti-bullying policy

You've included a detailed explanation of your anti-bullying policy in your school handbook. But why not create a summary page to give to parents and students at your next school event? Make copies available to staff and community members, as well. Here's a SAMPLE anti-bullying policy summary. On the CD included with this kit, you'll find a Microsoft® Word version which you can personalize and adapt to your specific policy.

### Braddock Road School Anti-Bullying Policy Summary



Braddock Road School is committed to providing students with a safe and supportive learning environment. We do not condone harassment, intimidation or bullying in any form and such behavior will result in immediate disciplinary action.

#### Definition

Bullying is intentional hurtful behavior repeated over time. It can be:

- Physical—kicking, tripping, hitting or pushing.
- Verbal—name calling, insults or threats of violence.
- Emotional—intentional exclusion or spreading rumors.
- Cyberbullying—spreading harmful information through email, online chats, social networking sites or text and picture messages.
- Sexual—unwanted touching, obscene gestures or comments.

#### Reporting Procedures

Braddock Road School employees are required to report suspected violations of this policy to the principal. Students, parents and visitors are encouraged to report any act that may be a violation of this policy. Reports may be made anonymously and placed in the Bully Box located by the office. All reports will be taken seriously and will result in a thorough investigation.

#### Consequences

Braddock Road School has developed a set of consequences that matches disciplinary and/or remedial actions to specific unacceptable behaviors. These guidelines will be used to determine appropriate actions if bullying incidents do occur.

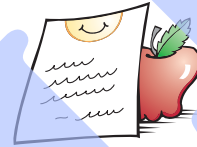
*Our complete policy concerning bullying and Consequences for Bullying chart are available on our website and in the student handbook.*

# Bullying

## Inform parents about your school's policy on bullying

**M**ake it clear—right from the start—that your school takes bullying very seriously. A personal letter from the principal introducing your school's bullying policy can raise awareness among the parents of your students. Here's a SAMPLE letter to send home or post on your school's website. On the CD included with this kit, you'll find a Microsoft® Word version of the letter which you can personalize and adapt to your needs.

### Braddock Road School



Dear Parents:

Studies show that as many as one out of four students has been the victim of bullying at some time. Today, kids are also using technology to bully others, through email, texting and social networking sites, such as Facebook.

Research has made it clear that this growing problem can't be dismissed as "kids being kids." Bullying can affect children's attendance, schoolwork and their mental and physical health.

Our school is committed to providing all students with a safe and secure learning environment that is free from bullying. And we believe one of the best ways to do this is to work closely with parents.

Please become familiar with our school's policy on bullying. If you don't have a copy, call the school [phone number]. We'll make sure you get one.

Take some time to review the policy with your child. Talk about any concerns your child may have. And if you learn that your child has been harassed or bullied at school in any way, we want to know about it.

By working together, we can make sure all students have a positive experience in school this year and in the years to come.

Sincerely,

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## Educate parents about cyberbullying

Cyberbullying is a problem that often occurs outside of school, but the effects of it reach far into the classroom. That means schools need parents' help recognizing and understanding this problem.

Below is an article to insert in your school's newsletter. A Microsoft® Word version is available on the CD included in your binder.



### What is cyberbullying?

**Q:** I keep hearing the term “cyberbullying” in the news. What exactly does it mean?

**A:** Cyberbullying means using technology to tease or harass others. A recent study shows that more than 42% of kids have been victimized by cyberbullying.

Cyberbullies:

- **Send threatening emails** or text messages.
- **Forward emails that embarrass** the original sender or others.
- **Post victims' personal information** (addresses, phone numbers, etc.) that should not be shared online.
- **Post inappropriate photos** of other kids on social websites, send them in emails or share them via cell phones.
- **Set up blogs** (online journals) that make fun of others.
- **Conduct “surveys” that demean others.** For example, “Who is the ugliest person in the sixth grade?”
- **Use email, cell phones or the Internet** to spread malicious rumors.
- **Pretend to be another child** to make the victim look bad or to enroll the victim on inappropriate websites.

# Bullying

## Take steps to prevent bullying

**B**ullying affects children's attendance, schoolwork and their mental and physical health. Children who bully others are also in pain. They use aggressive behavior to cover up their shortcomings. And their future isn't bright. One in four children who bully have a criminal record before they're 30. What can parents do to make sure their kids don't become bullies or victims?

### Prepare your child

Children are less likely to be victims of bullying if they appear confident and resourceful. To make sure your child isn't a victim:

- **Build your child's self-respect.** Teach him that he is strong and worthwhile. His rights and opinions count.
- **Teach your child how to be assertive.** Tell him to clearly express his feelings, say no when he feels pressured, and stand up for himself with words—not fists.
- **Role-play tough situations.** Practice using different ways to deal with bullies.
- **Identify supportive people.** Tell your child where to get help, such as from parents, teachers and other trusted adults.
- **Encourage friendships.** Give your child opportunities to socialize with like-minded kids. Joining a club or team may help.
- **Stay involved.** Know what's happening at school and with friends.
- **Tell your child to avoid** children who display bullying behavior.

- **Insist that your child walk away from dangerous situations.** Children should never defend themselves or others from bullies who have a weapon.

### Prevent bullying behavior

In a recent study, nearly one-third of kids admitted to having bullied someone. To prevent your child from becoming a bully:

- **Set an example.** Be caring and non-aggressive. When you are angry, act calm.
- **Provide outlets.** Channel high energy into sports and other activities.
- **Monitor influences.** Limit the amount of violence your child sees on TV and in video games.
- **Use firm, fair and consistent discipline.** Enforce sensible limits without fail.
- **Encourage values.** Say, "Treat others as you want to be treated."
- **Pay attention.** Notice how your child behaves and address any problems immediately.
- **Seek advice.** If you're worried that your child might be a bully, talk with a professional.