

PROMOTING A SAFE SCHOOL CLIMATE

Chapter 2: Bullying

“It’s really simple: If you don’t feel safe at school, you cannot learn.”

BRAIN RESEARCH

BULLYING BEHAVIOR IS DEFINED AS:

Any written (including electronic communications) or verbal expression, or physical act or gesture, or a pattern thereof, that is intended to cause distress upon one or more students. Bullying can be physical, verbal, psychological, or a combination of all three.

All students have the right to be and should be treated with dignity and respect.
Please use the information below to seek support!

BULLIES

- Blame others for their aggressive behavior and see their actions as being “justified” - denying or minimizing any wrongdoing
- Act impulsively, as though unable to think of alternative behaviors

TARGETS

- Believe negative messages related to their worth and abilities
- Believe their circumstances will never change

Things that probably won’t work...

- ☑ Fighting with a bully. When you fight you have everything to lose and nothing to gain. And if you get caught fighting on school grounds, both of you will get into trouble, no matter who started it.
- ☑ Viewing bullying as a natural part of growing up (do not accept aggressive, harassing behavior!)

Things that can help...

- ☑ Report bullying incidents to school personnel and at home.
- ☑ Stick with the group. Whenever possible, avoid being alone.
- ☑ Walk away. If you see a bully or someone who looks suspicious, take another route.
- ☑ Exude confidence. You’re much more apt to be targeted less by attackers if they perceive you to be less powerful than they are.
- ☑ Be a helpful bystander: speak up and/or offer support to the target when they see him/her being bullied - for example, encourage those being hurt with words of kindness and support.
- ☑ Express disapproval of bullying behavior by not joining in the laughter, teasing, or spreading of rumors or gossip.

HELPFUL HINTS

- ☑ Don’t be a bully. If you feel angry and out of control, stop, breathe deeply and relax. Don’t take it out on someone else.
- ☑ Remember: there’s a fundamental difference between being a snitch and courageously taking a stand against aggressive and potentially dangerous behaviors.