



# Bullying Information and Prevention

Information for  
Students/Parents/Guardians/Caregivers

# Definition of Bullying



What is bullying?

Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.

Sometimes bullying is easy to notice, such as with hitting or name calling, and other times it's hard to see, like with a leaving a person out or saying mean things behind someone's back. Both boys and girls bully, and both boys and girls get bullied. Bullying is not fair, and it hurts.



These three conditions create a bullying situation:

1. Negative or malicious behavior
2. Behavior repeated over a period of time
3. A relationship in which there is an imbalance in strength or power

# Remember:



- If you are being bullied, it isn't your fault! The bully has the problem.
- You don't have to put up with it.
- It is hard to admit that it might be happening to you.
- There are people who can help you.

# Signs/Symptoms of Bullying



- Frightened to walk to school
- Schoolwork is going downhill
- Has damaged clothing, school supplies, textbooks, etc.
- Becomes withdrawn
- Starts fights with peers or friends
- Has headaches, stomachaches, or other stress symptoms
- Cries in bed at night
- Has nightmares
- Possessions or money is missing
- Unexplained bruises, cuts, etc.
- Anxious when their cell phone rings or they get a new email



## Report Bullying Right Away!

Telling an adult that you or a friend is being bullied, isn't tattling. **Tattling** is when you tell on another kid to get her into trouble. **Telling** is when you tell something that helps someone get out of trouble or keeps someone from getting hurt! So, if you or a friend is being bullied:

- **Tell someone.** Tell your teacher. Tell your parents. Tell a friend. Tell the principal or your guidance counselor. Ask to talk to your school psychologist. These people will listen and help you decide what to do. **If this is happening, tell an adult!**
- If the person you told cannot help you or does not do anything, find someone else! Never keep being bullied a secret!
- Your school has ways for you to report bullying. Report forms are located at the guidance desk, or you can always tell an adult at school.
- You may also report bullying using this website; get an adult to help if needed.
- Your parents can report bullying for you. Ask them to talk to your school principal or your teacher.
- **When you report bullying make sure you tell who the bully is, how you are being bullied, when it happens, and where it happens.**



## How to deal with bullying:

- Tell your parents or other trusted adults. They can help stop the bullying.
- If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling.
- Don't fight back. Don't try to bully those who bully you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Calmly tell the student to stop...or say nothing and then walk away.



- Use humor, if this is easy for you to do. (For example, if a student makes fun of your clothing, laugh and say, “Yeah, I think this shirt is kind of funny-looking, too.”)
- Try to avoid situations in which bullying is likely to happen. You might want to
  - Avoid areas of the school where there are not many students or teachers around.
  - Make sure you aren’t alone in the bathroom or locker room.
  - Sit near the front of the bus.
  - Don’t bring expensive things or lots of money to school.
  - Sit with a group of friends at lunch.
  - Take a different route through hallways or walk with friends or a teacher to your classes.



## What Happens After It Is Reported?



- A preliminary review of the incident may be conducted to determine need for the investigation.
- If warranted, an investigation will be conducted and completed within 10 days.
- Parents of the victim and bully will be notified of the results and the school will take appropriate action.

As a parent, what can I do to prevent bullying or harassment?



- Talk to your child – ask questions
- Know where they are going
- Know what they are doing
- Set limits/boundaries
- Monitor your child's behavior

## What about Cyberbullying?



- Cyberbullying is no different than bullying except that a device such as a cell phone or computer is used
- It is just as important that you look at their device
- Check emails and texts
- Check sites that may have been visited
- Talk about what is on their phone/computer

# Bullying Resources



- Stop Bullying Now website – US Department of Health and Human Resources  
<http://www.stopbullying.gov/>
- Polk County Schools bullying website  
<http://www.polk-fl.net/parents/generalinformation/bullying.htm>
- Bullying awareness music video  
<http://www.polk-fl.net/news/video/060109.htm>
- Standing Tall  
[https://www.polk-fl.net/parents/generalinformation/documents/bullying\\_standingtall2.pdf](https://www.polk-fl.net/parents/generalinformation/documents/bullying_standingtall2.pdf)