

TAKE ACTION AGAINST BULLYING

What is Bullying? Bullying is defined in Section 37.0832 of the Education Code as a single significant act, or a pattern of acts, by one or more students directed at another student that exploits an imbalance of power and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that:

- 1 Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property;
- 2 Is sufficiently severe, persistent or pervasive enough that the action or threat creates an intimidating, threatening or abusive educational environment for a student;
- 3 Materially and substantially disrupts the educational process or the orderly operation of a classroom or school; or
- 4 Infringes on the rights of the victim at school.

TYPES OF BULLYING

- | | | | |
|---------------------------------------|--|---|--|
| PHYSICAL
Hitting or pushing | SOCIAL RELATIONAL
Spreading rumors, leaving people out on purpose, breaking up friendships | VERBAL
Name calling or taunting | CYBERBULLYING
Using the Internet social media, or mobile phones to harm others |
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BULLYING IS NOT

an unavoidable part of life • a phase children have to go through • a part of growing up • kids being kids

HOW DO I KNOW WHEN

A student is being bullied....

Some common warning signs include when he or she...

- Is unhappy or easily shows anger or irritation
- Lacks interest in, is afraid, or refuses to go to school
- Withdraws from family, friends, or school activities
- Experiences stomachaches, headaches, panic attacks, or change in sleep pattern
- Has damaged or missing clothing or other belongings
- Unexplained injuries
- Has fewer friends

HOW DO I KNOW WHEN

A student is being a bully...

Some warning signs of bullying behavior...

- Address the behavior immediately
- Be an active Upstander; Speak Up; Tell the bully to stop; Get help
- Communicate in a confident, calm, and respectful manner
- Report incidents of bullying to any trusted adult, teacher, counselor, the Principal, Assistant Principal or make an anonymous report
- Resist negative peer pressure; seek and offer help
- Teach and practice empathy and acceptance