

## Bullying Is:

**Imbalance of Power:** people who bully use power to control or harm others.

**Intent to Cause Harm:** actions done by accident are not bullying.

**Repetition:** incidents of bullying happen to the same person over and over by the same person or group.

## Bullying may include:

- Teasing (unwanted/taunting)
- Social Exclusion
- Threat
- Intimidation
- Stalking
- Physical violence
- Theft
- Sexual, religious, or racial harassment
- Public humiliation
- Destruction of property

Basis:

Gender/Sexual Orientation

Religion / Race/ Disability

## Student Responsibilities:

- Make school safe by not bullying others.
- Respect others and treat them equally.
- Report all forms of bullying.
- Report bullying to a parent or adult on campus.
- Be a leader on your campus.
- Encourage others to be kind to everyone.

## Who is at Risk for Being Bullied?

**ANYONE**

## Characteristics of Students

### Who Bully?

**NO SINGLE PROFILE  
EXISTS**

For more information, contact  
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## Additional Resources

<http://www.pacer.org/bullying>

<http://www.goodcharacter.com/>

<http://www.pacer.org/bullying>

[www.cyberbullying.us](http://www.cyberbullying.us)

[stopbullyingnow.hrsa.gov](http://stopbullyingnow.hrsa.gov)

[www.bullyfreealberta.ca](http://www.bullyfreealberta.ca)

<http://cyberbully.org/>

[www.stopbullyingma.org](http://www.stopbullyingma.org)

[www.stopbullyingworld.org](http://www.stopbullyingworld.org)

[www.aauw.org/k-12](http://www.aauw.org/k-12)

<https://store.samhsa.gov/apps/know>

[bullying](#)

[P3 Tips](#)

## Seminole County Public Schools



## Bully Prevention Awareness

Bullying means systematically and chronically inflicting physical hurt or psychological distress on another person that includes: unwanted and repeated written, verbal, or physical behavior that is severe or pervasive enough to:

- create an intimidating, hostile, or offensive educational environment;
- cause discomfort or humiliation;
- unreasonably interfere with the individual's school performance or participation.

**CRIMELINE**  
800.423.TIPS

800-423-8477

[WWW.SPEAKOUTHOTLINE.ORG](http://WWW.SPEAKOUTHOTLINE.ORG)

## What can Students do?

- If it is happening at school, ALWAYS tell a teacher, counselor, and/or administrator.
- Call the SPEAKOUT HOTLINE at 800-423-8477.
- Tell them to stop.
- Find a safe place; The media center, a favorite teacher's classroom, or the office are good choices.
- Stick together. Stay with a group or individuals that you trust ("buddy up").
- Find opportunities to make new friends. Explore your interests and join school or community activities such as sports, drama, or art.

## What can Bystanders do?

- Take a stand and do not join in, make it clear that you do not support the behavior.
- Do not watch someone being bullied. If you feel safe, tell the person to stop.
- If you do not feel safe saying something, walk away and get others to do the same; get an adult to help.
- If you walk away and do not join in, you have taken their audience and power away.
- Support the person being bullied. Tell them that you are there to help.
- Offer to either go with them to report the bullying or report it for them.
- Talk to an adult you trust. Talk to someone about the problem, a parent, teacher, or other trusted adult.

[WWW.SPEAKOUTHOTLINE.ORG](http://WWW.SPEAKOUTHOTLINE.ORG)



800-423-8477

## Parent Tips for Prevention

- Help your child understand the definition of bullying.
- Check in with your child and listen to any concerns about friends and other students.
- Teach your child to safely take a stand against bullying.
- Talk to your child about seeking help from a trusted adult if feeling threatened.
- Become aware of school activities, stay involved and get to know school staff.
- Contact the school by phone or e-mail to report suspected bullying.
- Work cooperatively with your child's school.

## Parent Tips for Child Victims

- Be involved with your child's life including free time / phone/ computer time.
- Encourage resiliency and assertiveness.
- Help your child make friends and encourage them to "buddy up".
- Review Seminole County's policy to understand the definition of bullying or harassment.
- Work with your child's school when bullying occurs at school.
- Maintain open communication.

## Parent Tips for Children Who Exhibit Bullying Behavior

- Talk with your child. Ask for their account of the situation. Listen.
- Calmly let them know that you will not tolerate this behavior.
- Help your child learn that bullying hurts everyone involved.
- Develop clear and consistent rules for your child's behavior.
- Carefully supervise monitor activities, including when they are online/ texting.

## Faculty and Staff

### DO

- Stop It! Intervene Immediately!
- State Behavior exhibited, do not label students.
- Support and Protect the Victim.
- Separate victim and the offender.
- Inform Appropriate Staff.
- Help bystanders understand how important their awareness is of the situation.
- Vigilantly watch for bullying behavior in and out of the classroom.

### DON'T

- Try and sort it out (not a conflict).
- Force Apologies.
- Have students work things out.
- Talk to the bully and victim at the same time.
- Tell victim to ignore things.
- Be negligent by ignoring a potential bullying situation.
- IF you are the person observing the behavior, YOU ARE the person to intervene, and report.

## Reporting

- Report the incident to a school administrator.
- **It IS your obligation to report.**
- All incidents are investigated.
- Investigations may indicate the incident is not bullying as defined by the state and SCPS policy.
- All incidents are investigated and a safety plan initiated even if the incident is not considered bullying by definition.