

WHAT IS BEING DONE...

The Department of Student Services recognizes the consequences of bullying and encourages schools to utilize one or more of the numerous ways to prevent bullying in our schools, including:

- Implementing a research based bully prevention program
- Providing regular trainings to raise consciousness concerning bullying issues*
- Providing clear rules and regulations about bullying
- Allowing students to collaborate with teachers in the development of classroom rules and guidelines against bullying behavior*
- Establishing a clear plan of action should bullying take place to ensure that students know how to respond
- Encouraging students to seek help and to report bullying to an adult/faculty/staff/parent, etc...*

Note: *Strategies adapted from the U.S. DOE: *Preventing bullying: A manual for schools and communities* (1998).

Bullying Resources
<http://www.bullying.org>

Take a Stand. Lend A Hand. Stop Bullying Now
<http://www.stopbullyingnow.hrsa.gov>

National Crime Prevention Council
<http://www.ncpc.org>

National Education Association Bullying Awareness Campaign
<http://www.nea.org/schoolsafety/bullying.html>

National Violence Prevention Resource Center
<http://www.safeyouth.org>

Office of Juvenile Justice and Delinquency Prevention
<http://www.ncjrs.org>

ME

*I used to think it great fun
Watching them pick on her
Being so witchy*

*It must have really hurt
It used to be quite funny
Until I looked to see
That it wasn't her they
were picking on
But this time it was me*

*I wished I hadn't laughed now
Because it aches inside
The trouble that they cause me
Was far too much to hide
Now I know what it feels like
Being picked on time after time
I now know not to laugh at them
And that bullying is a crime*

Kathryn Bellamy

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EVERYONE DESERVES TO BE SAFE



TAKE ACTION AGAINST BULLYING

What is Bullying?

Bullying is a problem that we all should be concerned about because it can seriously affect the emotional, physical, and academic well being of students and can contribute to a negative climate in schools.

Nationwide, 30% of 6th through 10th grade students had been involved in bullying incidents. Similar prevalence rates can be found in the state of Florida.

Bullying is aggressive, unwanted, and unprovoked behavior that is intentional, involves an imbalance of power or strength, and is typically repeated over time.

Sometimes, bullying is easy to notice but, at other times, it may be more difficult to detect.

Examples of bullying may include, but are not limited to:

DIRECT BULLYING:

- Hitting, tripping, shoving, pinching, and excessive tickling
- Verbal threats, name-calling, racial slurs, taunting, and insults
- Demanding money, property, or some service to be performed

INDIRECT BULLYING:

- Rejecting, excluding, or isolating target(s)
- Humiliating target(s) in front of friends
- Manipulating friends and relationships
- Sending hurtful or threatening e-mail or writing notes
- Blackmailing, terrorizing, or posing dangerous dares
- Developing a Web site devoted to taunting, ranking, or degrading a target and inviting others to join in posting humiliating notes or messages.

<http://www.cde.ca.gov/lr/ss/se/bullyres.asp>

Why Stop Bullying?

BECAUSE IT HURTS...

- The targets of bullies grow socially insecure and anxious with decreased self-esteem and increased depression rates, even into adulthood
- Bullying interferes with learning in school and may lead to increased absenteeism and dropout rates
- Students feel less safe and less satisfied in school when there are high levels of bullying in the school
- It is the policy of the District School Board of Pasco County that all of its students and school employees have an educational setting that is safe, secure, and free from harassment and bullying of any kind. The district will not tolerate bullying and harassment of any type. Conduct that constitutes bullying and harassment, as defined in the Student Code of Conduct, is prohibited.

When a child is bullied...

WARNING SIGNS

When a child exhibits one or more of these warning signs, he/she may be a victim of bullying. It is important to talk to the child to explore further whether or not he/she is being bullied.

- Has stomachaches, headaches, panic attacks, is unable to sleep, sleeps too much, is exhausted
- Refuses to go to school
- Shows an abrupt lack of interest in school
- Takes an unusual route to school
- Withdraws from family and school activities
- Is sad, sullen, angry, or scared after receiving a phone call or email
- Has torn or missing clothing
- Stops talking about peers and everyday activities
- Has physical injuries not consistent with explanation
- Plays alone, or prefers to hang with adults

Why kids don't tell...

- They are ashamed
- They are afraid of retaliation
- They don't think adults can or will help them
- They believe bullying is part of growing up

What You Can Do

Ways To Help A Child Who Is Being Bullied

- Tell the child to report bullying immediately to a trusted adult
- Discuss ways of responding to bullies
- Teach the child to be assertive
- Tell the child not to react, but to walk away and get help if he/she is being bullied
- Make sure the child knows being bullied is not his/her fault
- Let your child know that he/she does not have to face being bullied alone
- Contact the Student Services personnel at the child's school to find out more about their efforts to prevent bullying

Ways To Help A Child Who Bullies Others

- Explain why bullying and violence are wrong and help him/her develop empathy for others
- Praise the child when you observe them interacting with peers appropriately
- Present yourself as a model of non-violent behavior
- Assist the child in finding non-violent strategies for anger management and conflict resolution
- Talk to a Student Services person (guidance counselor, school psychologist, school nurse and school social worker) at the school about helping him/her develop pro-social skills