

How can you report bullying?

When reporting incidents or concerns, please keep in mind the following:

- **Who:** Names
- **What:** Summary of incident/concern
- **When:** Date(s) this has taken place
- **Where:** State location of incident/concern
- **How often:** How many times has this happened?

Bethel School District **Compliance Officer:**

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Email tips@bethelsd.org or text the word **"BULLY"** to **253.216.8233**

All tips are confidential and will be monitored and reviewed for possible action.

Fill out a **bullying report form**

Forms are available on the Bethel SD website, www.bethelsd.org, under the School Safety Center on the homepage.

Bethel School District is an Equal Opportunity Employer and complies with all federal rules and regulations, including Title IX, RCW 28A.640, RCW 28A.642 and Section 504. Bethel does not discriminate on the basis of sex, race, creed, religion, color, national origin, age, honorably discharged veteran or military status, sexual orientation including gender expression or identity, the presence of any disability, or use of a trained service animal by a person with a disability in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Please contact Title IX officer Bryan Streleski, Director of Athletics and Security at 253.683.6055, Section 504 coordinator Lori Haugen, Executive Director of Special Education at 253.683.6920 or Civil Rights coordinator Debbie Carlman, Director of Equity and Achievement at 253.683.6035 with any questions or complaints.

Under the Open Records Act, the public is afforded full access to information concerning the administration and operations of the school district (policy 4040). This information is limited to records not protected by state and federal privacy laws. For more information on access to school district records, call the records custodian Kathryn Kemp at 253.683.6000.

Parent Resources

NEA's Bully Free | www.nea.org/bullyfree

Stop Bullying | www.stopbullying.org

Stop Cyber Bullying | www.stopcyberbullying.org



Fast Facts

Male vs. Female Bullying Facts

- Boys tend to bully/harass with physical or verbal aggression
- Girls tend to bully/harass with social aggression
- Boys who bully tend to be 1-2 years older than their victims. Victims can be either boys or girls.
- Girls who bully tend to target other girls who are the same age.
- Girls are more likely to be bullied by a group.
- Girls are more likely to involve both boys and girls in their bullying pursuits against the victim.
- Boys identify their behaviors as bullying more often than girls.

Bullying

A resource for students & parents



Help Stop

Harassment Intimidation Bullying

www.bethelsd.org

What is bullying?

Bethel Public Schools defines harassment, intimidation and bullying as a persistent, intentional, electronic, written, verbal, or physical attack that:

- Physically harms a student or damages the student's property; or
- Has the effect of substantially interfering with a student's education; or
- Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment; or
- Has the effect of substantially disrupting the orderly operation of the school.
- Is intentional, harmful and repeated.

We say a student is being bullied when another student, or several other students:

- Say mean and hurtful things, make fun of him or her, or call them mean and hurtful names, repeatedly.
- Completely ignore him or her from their group of friends or leave them out of things on purpose, repeatedly.
- Hit, kick, push, shove around, or lock him or her inside a room, repeatedly.
- Tell lies or spread false rumors about him or her or send mean notes and try to make other students dislike him or her, repeatedly.

When we talk about bullying, these things are done on purpose and it is difficult for the student being bullied to defend him or herself. We also call it bullying when a student is teased repeatedly in a mean and hurtful way.

BUT...we don't call it bullying when the teasing is done in a friendly and playful way. Also, it is not bullying when two students of equal strength or power argue or fight.

Types of bullying include:

- **Physical:** Hurting someone's body
- **Verbal:** Hurting someone's feelings
- **Social/Environmental:** Hurting someone in a socially aggressive way.
- **Cyber:** Hurting someone else through email, instant messaging, chat rooms, websites, texting, or other electronic forms.

How to refuse bullying?

Determine if it is safe for you to refuse. There are situations where it may not be safe for you to refuse on your own.

Unsafe situations are:

- The person bullying you is older or bigger than you
- More than one person is ganging up to bully you
- You have no friends present to help you
- No adult is nearby
- You feel trapped

If you feel the situation is safe enough to refuse:

Check your feelings

- I am feeling _____.
- I need to get cool and calm or "I'm OK."

Stay calm

- Take a deep breath
- Imagine yourself talking in a strong, clear, respectful voice
- Now, try it!

Use assertive behaviors

- Stand or sit tall, hold your head high
- Look straight at the person who is doing the bullying
- Speak respectfully in a strong, clear voice. Say, "That's bullying. I want you to stop!"
- Walk away calmly after you have spoken out.



Parents, is your child a bully?

Parents, although it may be difficult to admit your child is a bully, addressing it early is important. When you see or hear that your child is bullying others take it seriously. In the long run, bullies continue to have problems, and the problems often get worse, even into adulthood. Now is the time when you can change your child's behavior.

How to refuse bullying and not be a "bystander?"

Bullying situations usually involve more than the bully and the victim. They also involve bystanders—those who watch bullying happen or hear about it.

Hurtful Bystanders

- **Instigate the bullying** by prodding the bully to begin.
- **Encourage the bullying** by laughing, cheering, or making comments that further stimulate the bully.
- **Join in the bullying** once it has begun.
- **Passively accept bullying** by watching and doing nothing. Often without realizing it, these bystanders also contribute to the problem. Passive bystanders provide the audience a bully craves and the silent acceptance that allows bullies to continue their hurtful behavior. The majority of the bystanders fall in this category.

Helpful Bystanders

- Have the power to play a key role in **preventing or stopping bullying**.
- **Directly intervene**, by discouraging the bully, defending the victim, or redirecting the situation away from bullying.
- **Get help**, by rallying support from peers to stand up against bullying or by reporting the bullying to adults.

Parents, is your child a bystander?

- Teach your child how to help without being in harm's way.
- Tell your child not to cheer on or quietly watch.
- Encourage your child to tell someone at school about the bullying.
- Help your child support others who tend to be victims.
- Alert the school of any bullying problems that you are aware of whether or not it affects your child.