

Bully Prevention Month

October 2015



School is challenging enough without bullies! I challenge the students and staff of Killlearn Lakes Elementary to **Take a Stand and Lend a Hand to STOMP OUT BULLYING!**

What Is Bullying?

"Bullying is when a person or group tries to hurt or control another person. Bullying is not limited to just one isolated situation or event. The act of bullying is something that is **INTENTIONAL** and **REPEATED** over time. There are lots of different kinds of bullying, and they all hurt. Sometimes bullying means hitting, kicking, pushing, shoving, or making someone do something they don't want to do (this type of bullying is referred to as *physical aggression*). Sometimes bullying is using mean words or threats, calling someone names, or saying bad things behind their back (this type of bullying is referred to as *relational aggression*). Bullying can even mean making someone feel unsafe or scared, leaving them out of games, or making them feel that they're not important. Bullying can be verbal, physical, social (ignoring or leaving someone out on purpose).

Cyber bullying is when a student is tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another student using the Internet, cell phones, or any other digital technology. Bullies tease or torment when they don't like the way certain students act, look, sound, and/or dress.

Bullying can happen in a group or individually. In a growing number of incidences, the term "bystanders" includes children who watch the bullying occur-even if they don't actively participate. The effects of bullying can have long-lasting, negative effects on both its victims and its perpetrators. As school counselors, we are aware of the rapid onset of bullying that is plaguing our country and want to do our part in helping to prevent bullying from occurring here at Killlearn Lakes.

What can you do if someone is bullying you?

- Tell someone you trust. It's not easy to solve the problem on your own.
- Stay away from the bully as much as you can.
- If a bully tries to hurt you, stand up for yourself, but try not to fight. Walk away or yell to get help.

What should you do if you are bullying others?

- Hurting other people doesn't make you important, it just makes you mean. Think about ways you can be a leader without hurting like getting involved in sports, school groups and community activities. If you need advice, talk to someone you trust.

- People who bully often end up in gangs, or having other serious problems. There's nothing good about being a bully.

What should you do if you see bullying happen?

- Go to the person who is being bullied and lead them away, without looking at the bully.
- Don't make the bully feel important by paying attention to them. When you ignore bullies, you take away their power.
- Bullies like to look tough in front of others, so they almost always have an audience when they are being mean.
- Most of the time the bullying will end if someone like you steps in to stop it.

If you suspect that you or someone you know is being bullied or being a bully please refer their names to either Mrs. Mejia or Ms. Holt.



October 5th is Blue Shirt Day™ World Day of Bullying Prevention. Please show your support and **GO BLUE** by wearing a blue shirt to school in support of Bullying Prevention and Awareness. Also, during the week of October 19-23 we will have our first annual [Take a Stand Lend a Hand to Stomp Out Bullying Week](#). Please see the agenda below for a list of events/activities.

Monday (10/19) "Take a Pledge to Stomp Out Bullying" Students and staff will participate in the pledge to refrain from bullying behaviors. Wear your favorite tennis shoes to help "stomp" bully behaviors. **Bullying Pledge: I am a Kid Against Bullying! And I will: SPEAK UP when I see bullying; REACH OUT to others who are bullied; BE A FRIEND whenever I see bullying**

Tuesday (10/20) "Be A Buddy Not A Bully" Partner with a friend to wear matching shirts or outfits.

Wednesday (10/21) "Orange You Glad To Be Bully Free?!" Students and staff are asked to wear orange to unite against bullying because it sends a message of support to students who have experienced bullying at one time.

Thursday (10/22) "Sock It to Bullying" Students and staff are asked to wear their favorite pair of socks

Friday (10/23) "I'm a Jeanius, I'm Bully Free" Students and staff wear jeans to symbolize how they are making a "jeanius" choice to be bully free.

Resources:

<http://www.stompoutbullying.org/>

<http://www.bullyingawarenessweek.org/>

<http://www.stopbullying.gov>

<http://www.pacerkidsagainstabullying.org>