

Stone County Schools

BULLY FREE STUDENT TIPS



**PLEASE STOP
BULLYING NOW!
STAND UP &
SPEAK OUT**

Anonymous Bullying Reporting
Tip Line
StopBullying@stoneschools.org

Types of Bullying

1. **Verbal bullying** is saying or writing mean things, such as
 - Teasing, taunting, and name-calling
 - Inappropriate comments
 - Threatening to cause harm
2. **Social bullying** involves hurting someone's reputation or relationships, such as
 - Leaving someone out
 - Telling other children not to be friends with someone
 - Spreading rumors
 - Embarrassing someone in public
3. **Physical bullying** involves hurting a person's body or possessions, such as
 - Hitting/kicking/pinching
 - Spitting
 - Tripping/pushing
 - Taking or breaking someone's things
 - Making mean or rude hand gestures

*If you know someone in distress
or danger, don't ignore the
problem. Get help right away.*

What You Can Do If You Are Being Bullied?

- Remain calm. Do not show you are upset. Getting you upset is the bully's goal.
- Look the person in the eye and tell him/her to stop it.
- Tell an adult you trust and discuss what you would like to happen.

How to Talk About Bullying?

Parents, school staff, and other caring adults have a role to play in preventing bullying.

They can:

- +Help kids understand bullying. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- +Keep the lines of communication open.
- +Encourage kids to do what they love.
- +Model how to treat others with kindness and respect.

Sources: stopbullying.gov
www.utterlyglobal.com
www.stoneschools.org

What is Bullying?

Bullying is a form of aggressive behavior that is intentional, hurtful, (physical and psychological), and/or threatening and persistent (repeated).

The behavior must be

- intentional.
- hurtful (physical or psychological).
- threatening. The individual fears harm.
- repeated. The mistreatment must occur more than once.
- a power imbalance.

Bullying included actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group.

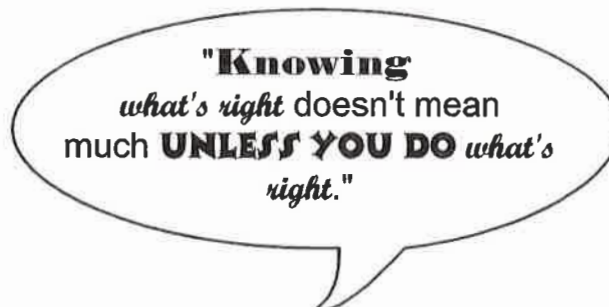


**#Friends Don't Let
Friends Bully or Be
Bullied!**

Signs a Child is Being Bullied

Some signs that may point to a bullying problem are:

- ~Unexplainable injuries
- ~Lost or destroyed clothing, books, electronics, or jewelry
- ~Frequent headaches or stomach aches, feeling sick or faking illness
- ~Changes in eating habits, like suddenly skipping meals or binge eating.
- ~Difficulty sleeping or frequent nightmares
- ~Declining grades, loss of interest in schoolwork, or not wanting to go to school
- ~Sudden loss of friends or avoidance of social situations
- ~Feelings of helplessness or decreased self esteem
- ~Self-destructive behaviors



-Franklin Roosevelt

Signs a Child is Bullying Others

Kids may be bullying others if they:

- *Get into physical or verbal fights
- *Have friends who bully others
- *Are increasingly aggressive
- *Get sent to the principal's office or to detention frequently
- *Have unexplained extra money or new belongings
- *Blame others for their problems
- *Don't accept responsibility for their actions
- *Are competitive and worry about their reputation or popularity

