

How Do You Report A Bullying Incident?

Notify a guidance counselor, an administrator, or a teacher of the incident. The complaint will be documented and investigated. Communicating a bullying incident is the first step to eliminating bullying behavior.

Your feelings are important!

If you have been bullied, do not blame yourself, be proud of who you are, and do not be afraid. to get help.

MIAMISBURG CITY SCHOOLS



Bullying is an intentional written, verbal, graphic, or physical act that a student or group of students has exhibited toward another particular student more than once. The behavior causes mental or physical harm to the other student and is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening, or abusive educational environment for the other student. Bullying incidents tend to involve three different groups of students - bullies, victims and bystanders.

Types of bullying

Direct: Hitting, kicking, shoving, taunting, name-calling, threatening, obscene gestures, degrading comments

Indirect bullying: Getting another person to bully someone, spreading rumors, social isolation, cyberbullying

Relational bullying - Damaging reputations or social standing with peers and/or using threats or loss of relationships to manipulate

Recognizing Warning Signs of Students Who Are Bullying Others

- ☹ Becomes violent with others
- ☹ Gets into physical or verbal fights with others
- ☹ Gets into trouble at school a lot
- ☹ Has extra money or belongings that cannot be explained
- ☹ Is quick to blame others
- ☹ Will not accept responsibility for their actions
- ☹ Has friends who bully others
- ☹ Needs to win or be best at everything

Recognizing Warning Signs of Students Who Are Being Bullied

- ☹ Reports losing items such as books, electronics, clothing, or jewelry
- ☹ Complains frequently of feeling sick
- ☹ Has changes in eating habits
- ☹ Hurts themselves
- ☹ Loses interest in visiting or talking to friends
- ☹ Often feels like they are not good enough
- ☹ Blames themselves for their problems
- ☹ Avoids certain places
- ☹ Acts differently than usual
- ☹ Appears sad, moody, angry, anxious, or depressed when they come home
- ☹ Has trouble sleeping



Tips for Stopping Bullying for Educators and Parents

- 1.) Talk with the student
- 2.) Provide your student the tools to help them handle the situation
- 3.) Get involved when needed
- 4.) Advocate for anti-bullying programs.



What Can Your Child Do If He/She Is Bullied?

Tools For Students To Use If He/She Is Bullied

- ✓ Tell them to stop - act with confidence
- ✓ Do not respond in a way that may provoke the bully
- ✓ Walk away and do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- ✓ Tell an adult you trust
- ✓ Find a safe place - go somewhere that you feel safe and secure
- ✓ Stick together - stay with a group or individuals that you trust
- ✓ Find opportunities to make new friends

