

PES Bullying Prevention Plan:

Bullying is never okay, cool, or acceptable.

No one EVER deserves to be bullied.

It's okay to tell an adult when you see bullying.

If you have experienced or have seen someone Repeatedly:

calling names, saying or writing ugly things about others, leaving others out of activities, threatening others, trying to make others feel scared or uncomfortable, damaging or taking someone's things, hitting or kicking someone, or trying to make someone do something they don't want to do, etc.

REPORT all bullying behavior if someone bullies you or you see someone bullying others.

TELL an adult as soon as you can. Write it down if you have time. **STUDENT'S** names who report bullying behavior will be kept private.

STAND UP for yourself and others who are being bullied.

ASK FOR HELP from a parent, teacher, counselor or trusted adult if you have bad feelings from being bullied or are aware you treat others in a bullying way.

Bully report boxes are located in the media center and in the counselor's classroom.

- 1) Take a form and envelope.
- 2) Fill out the form & place it in the envelope. Seal the envelope. Do not put your name on the envelope.
- 3) Place the envelope in the box.
- 4) Pull the elastic over the top of the box.

Reporting is private. A Pick staff member may ask you for more information. No one will share your name.

A lot of kids say that they don't want to tell an adult about bullying because they don't want to be called a tattle-tale. But there's a big difference between "telling" and "tattling."

Telling:

done to protect yourself or another person from getting hurt.

Tattling:

done to get someone else in trouble.

REPORTING VS. TATTLING

Purpose is to keep people safe	vs.	Trying to get someone in trouble
Need help from an adult to solve	vs.	Can handle by self
Important	vs.	unimportant
Harmful and dangerous, threatening	vs.	Harmless situations
Behavior is purposeful	vs.	Behavior is accident

STAND UP against bullying!

What to do if you are being bullied:

- Ignore the bully. Pretend you didn't hear him/her. Walk away if you can.
- Don't cry, get angry or show you are upset. Don't let the bully think it bothers you. Talk about it later with someone you trust or write it down.
- Respond to the bully firmly. Example: "No. That's what you think, not me."
- Tell the truth with confidence. Example: "That is rude dude. Not cool!"
- Look confident...shoulders back, head up, smile on your face.
- Do not believe a bully. You are not the problem. It's the bully who has the problem.
- Remove yourself from the situation. Go to an adult.

Helpful Websites on Bullying:

www.kidshealth.org/kid

www.togetheragainstabullying.org

www.stopbullying.gov

www.pbskids.org

Use these strategies to deal with a bully:

The Power of "I" – Use sentences that start with "I". Example: "I don't like it when you call me names. Please stop." Or, "I believe everyone should be included. Let's find a way we can all play in the game."

The Shrug – Let the bully know you don't care by shrugging your shoulders. Include a "whatever," "don't care," or "so what."

The Question Asker – Distract the bully or change the subject by asking questions, lots of questions if necessary. Example: "So, you said you don't like my shirt? What shirt do you like? Do you like sweatshirts or t-shirts best? How about the shirt the teacher is wearing? What is your favorite color shirt?"

The Comeback Kid – Say a funny, but appropriate, comment or response to the bully. Example: "You think I look like a frog? Thanks! That's just the look I was going for. I adore frogs. You are my new best friend!"

The No Way – If someone tries to get you to do something you don't want to do, say in your biggest, boldest voice, "NO WAY!"

The Thought Chop – If you start to feel bad about yourself and believe what the bully is saying, immediately pretend to karate chop the bad thought in your mind and chase it away!

The Balloon Belly – If you are feeling anxious from dealing with a bully. Take 5 slow, big breathes like you are creating a balloon in your belly. Breathe in slowly for 5 seconds like you are creating a "balloon" in your belly. Hold the "balloon" for 5 seconds and then, slowly, release your breath. You will feel relaxed and ready to stand up for yourself or take action.