

Bullying is serious

- 27 per cent of young people report they are bullied every two weeks or more often.
- Many young people who bully online also bully face to face
 - Bullying can seriously damage physical, social and emotional health



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BE BULLY FREE®**

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REPORT IT!**
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Bullying hurts



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What is bullying?

Bullying is when someone or a group of people with more power repeatedly and intentionally causes hurt or harm to another person or group of people who feel helpless to respond. Bullying can continue over time, is often hidden from adults and will probably continue if no action is taken.

Bullying isn't:

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights.

Types of bullying

The Department of Education and Early Childhood Development's *Building Respectful and Safe Schools* (2010) identifies four types of bullying.

1. **Physical bullying** includes hitting, kicking, tripping, pinching and pushing or damaging property.
2. **Verbal bullying** includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.
3. **Covert bullying** is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Covert bullying includes:
 - lying and spreading rumours
 - negative facial or physical gestures, menacing or contemptuous looks
 - playing nasty jokes to embarrass and humiliate
 - mimicking unkindly
 - encouraging others to socially exclude someone
 - damaging someone's social reputation or social acceptance.
4. **Cyberbullying** is overt or covert bullying behaviours using digital technologies. Examples include harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces. Cyberbullying can happen at any time. It can be in public or in private, and sometimes only known to the target and the person bullying.

BULLYING IS:

- Hitting
- Stealing or breaking someone's things
- Pushing
- Making rude hand signals
- Kicking
- Spreading rumors
- Teasing
- Tripping
- Making mean phone calls
- Telling lies about people
- Calling people names
- Sending mean notes and email messages
- Making put-downs
- Pinching
- Making threats
- Leaving others out
- Sending mean text messages

RULES FOR A BULLY FREE CLASSROOM

1. Bullying is not allowed in our classroom. (Or anywhere else in the school.)
2. We don't tease, call names, or put people down.
3. We don't hit, shove, kick, or punch.
4. If we see someone being bullied, we speak up and stop it (if we can) or get help right away.
5. When we do things as a group, we include everyone and make sure no one is left out.
6. We make new students feel welcome.
7. We listen to each other's opinions.
8. We treat each other with kindness and respect.
9. We respect each other's property. (School property, too.)
10. We look for the good in others and value differences.