

What is Bullying?

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Bullying is one-sided, intentional (on purpose), and repeated.

- Bullying is when someone hurts, leaves out, damages another's property or frightens someone else.



- Bullying can be written, spoken, or through an electronic device.



IS it BULLYING? What is it?



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| <p>TEASING</p> <ul style="list-style-type: none"> • Everyone is having fun • No one is getting hurt • Everyone is participating equally | <p>CONFLICT</p> <ul style="list-style-type: none"> • No one is having fun • There is a possible solution to the disagreement • Equal balance of power |
| <p>MEAN MOMENT</p> <ul style="list-style-type: none"> • Someone is being hurt on purpose • Reaction to a strong feeling or emotion • An isolated event (does not happen regularly) | <p>BULLYING</p> <ul style="list-style-type: none"> • Attacked physically, socially, and/or emotionally • Unequal balance of power • Happens more than once over a period of time • Someone is being hurt on purpose |

is it **BULLYING?**

When someone does something unintentionally hurtful, and they do it once that's **RUDE**

When someone does something intentionally hurtful, and they do it once that's **MEAN**

When someone does something intentionally hurtful, and they KEEP doing it - even when you tell them to stop or show them that you're upset - that's **BULLYING**

When to Report BULLYING

It is always OK to report bullying. Bullying should always be reported to a grown-up when...

1. Someone is hurt or unsafe.
2. Someone is afraid.
3. Other plans have not worked.



Steps to Reporting BULLYING

1. You have tried other strategies, and the bullying is harmful or repeated.
2. Go to a helpful grown-up, such as a teacher, counselor, or principal.
3. Calmly tell the grown-up what happened.



How do your kids learn about bullying at Campbell?

Kindergarten

- What makes someone a good friend?
- Introduce definition of bullying and how to be a good friend.
- "Friends give put-ups, not put-downs."

First Grade

- Respecting Differences
- Review definition of bullying. Learn to look positively at diversity.
- "Different is good!"

Second Grade

- What is Bullying?
- Definition of bullying. Difference between mean moment, bullying, conflict, and teasing.
- "Be Brave, Be Bold, A Teacher must be told!"

Third Grade

- Problem Solving
- Review definition of bullying. How do we solve conflicts/problems?
- Introduce problem solving strategies.

Fourth Grade

- Bully Blocker Tools
- Review definition of bullying. What can I do if me or someone I know is being bullied?
- Introduce tools and steps to report bullying. "Say Something!" Don't be a bystander!

Fifth Grade

- Confidence Boosters
- Review definition of bullying and difference between conflict/teasing/mean moment/bullying.
- Introduce confidence boosters. Discuss how confidence and positive self-talk can help.
- Introduce additional strategies for handling conflict, teasing, mean moments, and bullying.

WHAT DO I DO? STRATEGIES THAT WORK!

BULLY BLOCKER TOOLS

- Hang around other kids you like who don't bully others.
- Ignore the person and walk away.
- Be calm and confident.
- Get help from an adult

(Resource: The Tough Kid: Bully Blocker Shorts)

EMPOWERING TOOLS

- "Stop!"
- "Why? Why? Why?"
- Walk Away
- "So", "Whatever", "Huh", "Who cares?"
- Change the Subject
- Act Silly or Goofy
- Turn an Insult into a Compliment
- Agree

(Resource: Confessions of a Former Bully
by: Trudy Ludwig)

Here at Campbell

- We want to help!
- We can't help what we don't know about!
- Talk to your child about what bullying truly is (from 1st page)
- Talk to your child's teacher.
- Talk to an administrator.
- Talk to the counselor.
- Want to report it anonymously?

Katy has the Speak Up app to report.

- Bullying
- Self-harm
- Weapons
- Suicide
- Other Concerns for Safety



Would you like to learn more about the Counseling Program here at Campbell?

Visit my website at <https://acecounselor.weebly.com>

OR

Go to the Campbell Website, click on Campus, Counselor