

Bullying...

Do Not Accept

Do Not Participate

Do Not Ignore

Do Not Remain Silent

Break the Cycle



North Elementary School

Putting a Stop to Bullying



**North Elementary School
336.388.2222**

For more information, please
contact your child's Guidance
Counselor

Mentoring Minds Bully Guide
MentoringMinds.com

What is Bullying?

Bullying is intentional harmful behavior initiated by one or more students and directed toward another student. Bullying differs from conflict. Bullying involves a power imbalance element where a bully targets a student who has difficulty defending himself or herself.

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Examples of Bullying

Physical

Verbal

Emotional

Name calling

Hurtful gossip

Teasing or making fun of someone

Spreading rumors

Intentional exclusion

Ridiculing

Threatening or intimidating actions

Racial taunting

Definition of Bullying

Repeated negative behaviors, either physical, or mental that target a specific victim. These behaviors may include, but are not limited to, threats, verbal or written abuse, physical abuse, harassment, and ethnic or gender slurs, targeting a specific victim.

Cyberbullying

The indirect or social bullying that uses technological communications (text or images) to humiliate, harass, embarrass, tease, intimidate, threaten, or slander one or more students.

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Signs and symptoms of Bullying

- Appears afraid or reluctant to go to school;
- Chooses an “illogical” route going to and from school;
- Loses interest in school work or noticeable drop in grades;
- Appears sad, displays mood shifts, irritability, or sudden outbursts of temper;
- Requests money from you for no particular reason; and
- Seems socially isolated with few-if any-real friends.



What Victims Can Do...

- Do not assume that an adult already knows, report it;
- Report bullying at school to a teacher, guidance counselor, or administrator;
- Write down what happens, when it happens, and where it happens;
- Talk to your parents; and
- Walk away especially if you feel threatened.

What witnesses can do...

- Report bullying acts to an adult;
- Befriend someone who is being bullied;
- Tell the bully to stop;
- Don't laugh or participate; and
- Encourage the victim to report the incident.

What parents can do...

- Talk with your child about bullying and harassment;
- Encourage your child to report bullying at school to a teacher, school counselor, or administrator;
- Monitor TV, video games, and music;
- Ask the right questions—ask your child about events of the day, including lunch, riding the school bus, recess, to determine if any form of bullying is occurring at school; and
- Listen and understand.

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