

What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Some examples of cyberbullying include:

- mean text messages or emails
- rumors sent by email or posted on social networking sites
- embarrassing pictures, videos, websites
- fake profiles

What To Do If Cyberbullied:

- Don't respond to and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers
- Block the person who is cyberbullying
- Report cyberbullying to online social media sites
- Report to law enforcement, if cyberbullying is considered a crime
- Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help inform prevention and response strategies – tell school officials if it is happening to you!

*** REPORT BULLYING ***
To a Staff Member

Help Us **STOP** Bullying!

To learn how you can help, visit the following websites:

Stop Bullying Now www.stopbullyingnow.com

Safe Child Program – Bullies
www.safechild.org/bullies.htm#TAKEASTAND

Bully B-Ware www.bullybeware.com

Bullying.Org www.bullying.org

**The following books may also be helpful:
For Adults**

Before It's Too Late: Why Some Kids Get into Trouble and What Parents Can do About It by S. Samenow, Random House

Safe Passage: Making it Through Adolescence in a Risky Society by Joy G. Dryfoos, Oxford

Bullying at School: What We Know and What We Can Do by Dan Olweus, Oxford

Schools Where Everyone Belongs by Stan Davis, Research Press

Bullying in American Schools by Anne Garrett, McFarland & Co.

Weakfish by Michael Dorn

For Students

Don't Sweat the Small Stuff for Teens by Richard Carlson, Hyperion

A Teen's Game Plan for Life by Lou Holtz, Sorin Books

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Hamilton Community Schools

Bullying Prevention

What is Bullying?

Bullying occurs when one or more individuals, *repeatedly*, intentionally hurts, threatens, intimidates, inappropriately touches, or attempts to devalue another person. It is difficult for the person being targeted to avoid the person bullying and to defend him or herself. In many instances the bullying behavior continues and has the potential to escalate into violence. Please refer to our student handbook for additional information.

Some examples of bullying include:

- Punching, shoving, tripping, kicking, slapping, hiding others personal property, and other physical acts
- Spreading rumors
- Exclusion
- Teasing
- “Ganging up” on others
- Making inappropriate sexual comments and gestures

Bullying can also happen electronically:

- Sending a mean or inappropriate text or e-mail
- Posting inappropriate pictures /messages about others
- Using someone else's username to spread rumors or lies
- Forwarding photos, videos and texts that are inappropriate



*When you stand up for yourself
and tell someone – it is NOT
snitching, it's self preservation!*

The Difference between Bullying and Peer Conflict

It is *not* bullying when two kids with no perceived power imbalance fight, have an argument, or disagree. Conflict resolution or peer mediation may be appropriate for these situations.



Bullying & Harassment

Hamilton Community Schools does not condone bullying. Action will be taken if bullying occurs, which may include counseling, parental involvement, reporting to authorities, suspension and possible expulsion. Our involvement includes appropriate interventions, restoration of a positive climate, and support for victims and others impacted by the violation.

STUDENT BEHAVIORS



Everyone has a role. In many cases, you can choose your role. Which one are you?

The Bully (Perpetrator): One who engages in behaviors that are intended to devalue someone, assert power, or hurt another either physically or emotionally.

The Target: One who is a target of bullying behavior. You may feel anger, fear, and often times, isolation. This is not a role of choice.

The Ally: One who engages in an act of support on behalf of someone who is being targeted. Ally behavior can be demonstrated through words, emotional support or direct action. If you are not an ally, you can choose to become one.

The Bystander: Anyone who observes an act of bullying and doesn't take any action to stop the behavior or to stand up as support to the targeted victim. **YOU ARE INDIRECTLY SUPPORTING THE BULLYING AND HARASSING BEHAVIOR.**

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What can YOU do?

Here are some suggestions for when you in find yourself in one of these roles.

The Bully (Perpetrator): Person or persons who engages in bullying or demeaning behavior

- This is a choice
- Put yourself in the other person's shoes
- Think of the consequences
- Find a positive way to express yourself

The Target

- GET HELP! Speak with a counselor, social worker, SRO, teacher, or administrator. We cannot help if we are not aware of the problem!
- Stay in a group
- If it feels safe, stand up to the person who is bullying you – tell them to “STOP”
- Use humor to “blow off” the bullying behavior
- Use the bullying report form

The Ally

- You are making a difference
- Stand up for the Target
- Give the Target emotional support
- Report the bullying to an adult
- Use the bullying report form

The Bystander

- This is a choice
- Walk away from the situation
- Report the situation to an adult
- Use the bullying report form (use it anonymously if you don't want to get involved)
- Become an ally!

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