

Mental Health and Crisis Management Services Presents...

Bullying and Harassment Fact Sheet for Students and Families

What is Bullying and Harassment?

Bullying is a pattern of behavior where one person hurts or threatens someone else. Below are examples of some behaviors that can be considered bullying. Harassment is defined as one instance of any one of the behaviors that are deemed as bullying.

- Shoving, pushing, hitting, and other physical aggression
- Threatening harm with looks, notes, or pictures
- Excluding - like telling others not to be someone's friend
- Picking on someone because of any difference
- Stealing
- Spreading Rumors
- Gossiping
- Publicly humiliating others
- Teasing

These behaviors are prohibited and many are also against the law. Talk to an adult at school.

What about Cyber-Bullying?

Cyber-Bullying is engaging in the same behavior using a cell phone, game devices, or computer systems. Many students use FACEBOOK, MYSPACE, TWITTER, and other online programs. Knowledge is power. You will be held responsible for how you CHOOSE to use technology; held responsible at school and by law enforcement. Even things you write or send to one person become public record and are permanent. **CHOOSE WISELY.**

If You Are a Victim of Bullying, You Might:



- Feel angry, sad, lonely, or depressed.
- Feel like you have no friends.
- Find that you are getting into fights.
- Want to hurt someone else or yourself.
- Feel like taking steps to defend yourself.
- Feel helpless to stop the bullying.
- Feel hopeless that anything can be done.
- Be afraid to go to school, or feel anxious all the time.
- Feel bad about yourself.

You're Not Alone

- Almost 30 percent of teens in the United States (or over 5.7 million) are estimated to be involved in bullying as either a bully, a target of bullying, or both;
- 5.4% of high school students (about 864,000 teens) report staying home at least one day a month because they fear for their safety.

Do's and Don'ts when Handling Bullying



Do's

- **Tell your parents and talk with them** about how they can help you to be safe.
- **Tell a teacher, counselor, or your school's principal.** They can take action to stop the bullying.
- **If you feel that you are not being helped, please call or have your parent call 305-995-CARE.**



Don'ts

- **Think it's your fault. Nobody deserves to be bullied!**
- **Fight back or bully a person back.** This probably won't make things any better and it might get you into big trouble. Besides, you should try to act better than the person who bullies you.



Do's Continued

- **Help Someone Else**
If you see bullying happening in your school, you can **help put a stop to it**.
 - Refuse to join in teasing someone.
 - Get a teacher, parent, or another adult to come help. You won't be snitching; you'll be taking a stand against bullying.
 - Talk to the person being bullied. Tell the person you want to help him or her, and encourage him or her to talk to a supportive adult. Offer to go with the person.
 - Report the bullying to an adult you trust.



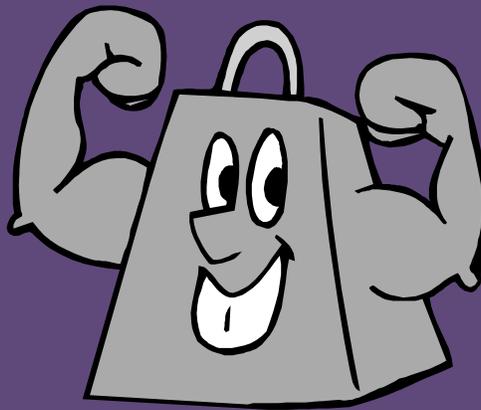
Don'ts Continued

- **Keep it to yourself and just hope the bullying will "go away."** It's normal to want to try to ignore bullying and hope that it will stop—or hope that the person will start to pick on someone else. But, often, bullying won't stop until adults and other kids get involved. So, be sure to report the bullying.
- **Skip school or avoid clubs or sports because you're afraid of being bullied.** Missing out on school or activities that you enjoy isn't the answer. You have a right to be there!
- **Think that you're a "snitch" if you tell an adult that you've been bullied.** Telling is NOT snitching! It's the right thing to do because it's not to get someone in trouble. It is to help yourself or someone else to be safe.
- **Hurt yourself.** Some kids who are bullied get so sad and depressed that they may try to hurt themselves because they think there is nothing else they can do. This definitely isn't the answer. Talk with an adult immediately and tell them how you are feeling. They can help stop the bullying.

Information adapted from:

<http://www.ncvc.org/ncvc/AGP.Net/Components/documentViewer/Download.aspxnz?DocumentID=42955> and http://mhcms.dadeschools.net/pdfs/being_bullied.pdf

True strength comes from the ability to do the "right" thing when it is the hardest thing to do.



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M-DCPS Crisis Line: 305-995-CARE

<http://mhcms.dadeschools.net/>