

Anti-Bullying Awareness

DeLalio Elementary students will participate in anti-bullying lessons with the School Counselor during October. Students will learn to identify bullying and strategies to deal with bullying. DoDEA has adopted the Department of Health and Human Services (HHH) "Take a Stand, Lend a Hand, Stop Bullying Now!" campaign to assist with bully prevention in our schools. Guidance lessons are one part of bully prevention in our school. It's a unified effort that includes classroom and support teachers, support staff, administration, families and the community. **"Take a Stand, Lend a Hand, Stop Bullying Now!"**

What is Bullying?

Bullying involves:

- Imbalance of Power
- Intent to Cause Harm
- Repetition

Types of bullying are: Verbal, Social, and Physical

Not every mean action is bullying, but, it is what happens when someone repeatedly (again and again) hurts or threatens another person on purpose. Bullying comes in many forms: name calling, teasing, leaving people out on purpose, spreading rumors, breaking up friendships, or physically hurting someone (hitting, punching, shoving). It can happen in person, in writing, online, on cell phones, in school, on the bus, at home, or anywhere.

Parents are encouraged to talk with their children about the effects of bullying. A bully may try to make you feel like a baby or a loser. A bully may lead you to believe that nobody likes you and that you are alone. A bully may call you a wimp, chicken or scaredy cat. A bully may make you feel bad about yourself. **REFUSE TO BELIEVE WHAT A BULLY SAYS ABOUT YOU!!**

What Can Students Do?

Students, who are bullied, on purpose and repeatedly can take some steps to help themselves:

- ✓ Communicate to the bully when your feelings are hurt or you don't like something s/he said or did. Also listen to what the bully tells you, when you tell him/her to **stop**. This can help with understanding.
- ✓ Be assertive, tell the other person to stop, say "I don't like it when you... (whatever the person said or did) so they will know specifically what hurts you, upsets you, embarrasses you, makes you feel bad, etc).
- ✓ If you can't tell the other person how you feel or to stop, write what happened down and give it to the child doing the bullying or ask an adult to read it and help.
- ✓ Tell the child doing the bullying that you are going to tell an adult if they don't stop. This is not tattling.
- ✓ Tell an adult.
- ✓ Avoid unsupervised areas.
- ✓ Stick with friends.
- ✓ Don't talk about other students with your friends or peers. If you need to talk about the situation, talk with a teacher, school counselor, or parents.
- ✓ Bystanders are encouraged to intervene in a non-violent way by telling the bully to stop, walk away with the child, tell an adult, etc.

All students are encouraged to stop and think before they speak or act.

Kids and parents can find information from various government agencies, resources and webisodes about how they can prevent or stop bullying on: http://www.stopbullying.gov/about_us/index.html
<http://www.stopbullying.gov/kids/index.html>

Military OneSource has free online and printed resources that are aimed at helping parents and children deal with bullying, as well as helping bullies change their behavior. 1-800-342-9647
<http://www.militaryonesource.com/skins/MOS/home.aspx>