

### What to do if Your Child is Bullying Others:

- Make it clear that you won't tolerate bullying and that there will be consequences for it
- Find out why your child is bullying
- Discuss with your child how it must feel to be the victim
- Reward positive actions and emphasize the good qualities of your child
- Encourage your child to get involved in positive activities that match his/her interests

### What Students Can Do if They Feel Someone is Being Bullied:

- Encourage the person being bullied to talk about what is happening.
- Persuade the person being bullied to talk to an adult. This may be a teacher, parent or other trusted adult.
- Offer to speak to an adult on the bullied person's behalf.
- Raise the issue of bullying with the student council or during classroom discussions. This will help make other students more aware.

### What Students Should Not Do if They Feel Someone is Being Bullied:

- Do not use violence against the bullies. The student may end up being accused of being a bully.
- Do not tell the person being bullied to deal with the problem on their own.
- Do not try to deal with the situation alone.



# Bullying

Grand County School District believes that bullying is **NOT:**

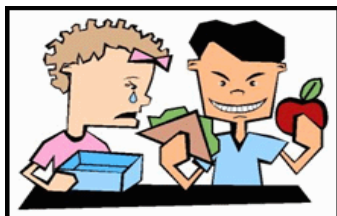
- A natural part of childhood
- Harmless
- Inevitable
- Acceptable

For more information contact:  
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# Grand County School District does NOT tolerate bullying.

The Grand County School District Board has defined bullying as:

A deliberate, mean-spirited action intended to cause emotional or physical harm.



Additionally, the Grand County School District Board recognizes that bullying is not harmless, nor a normal part of childhood. Bullying implies an imbalance of power and status. In respect to this position:

- The School Board modified the Student Discipline Guide to include bullying.
- Students are encouraged to report bullying. The district will record the incident and document follow-up.
- Students will get help to understand their behavior, what to do about it, and will be disciplined.
- Students who are bullied will learn how to handle a bully and will be encouraged to report the incident.

## Bullying Myths:

- Bullying is inevitable
- The child is bullied because of peculiar traits
- The child needs to learn to be less teasing
- Bullying ends when children mature
- Increased supervision ends bullying

## Types of Bullying:

- Verbal & Written
- Physical
- Relational/Social (Ignoring, excluding, spreading rumors)
- Cyber (text messaging, email, on-line chat etc.)

## How Can You Tell if Your Child is Being Bullied?

Here are some signs your child may be showing:

- Lack of confidence
- Not wanting to go to school
- Not wanting to ride the school bus or trying to find a different route to walk to school
- Not wanting to talk about the school day
- Drop in school performance
- Unexplained crying
- Change in behavior, becoming more violent, withdrawn, or defensive
- Talking about someone who is “bugging me” often

## What to do if Your Child is Being Bullied:

### Step 1: Talk to your child

- Talk calmly and help him/her understand there are things that can be done to try to stop the bullying
- Note what she/he says—who, how often, where, and what
- Reassure your child that he/she did the right thing by telling you
- Explain that if there is another incident she/he should immediately report it to a teacher and also tell you about it

### Step 2: Talk to the class teacher

- Make an appointment
- Explain the situation
- Be realistic—the school will not be able or willing to exclude the bully from the class or school immediately— however, the teacher should investigate the allegations and take reasonable steps to protect your child
- Obtain a copy of the school’s anti-bully policy and discipline guide
- Familiarize yourself with the policy and guide

### Step 3: Talk to the principal

- Make an appointment
- Explain the situation
- Be realistic—the principal should investigate the allegations and take reasonable steps to protect your child