

## **BULLY FREE IS THE WAY TO BE!**

Helpful Hints by Kami Johnson and Kristie Lewis, the Vineland Counselors

**Bullying is an imbalance of power. It is a REPEATED behavior that causes harm, intimidation, or humiliation. Bullying is NOT a one-time incident.**

The following are some ways to help your child (and our school) create a BULLY FREE zone:

- Children need to learn to stand up for themselves and be their own advocates. They can do this by:
  - Using "I care language" (please see the example below):
    1. State the person's name. "Johnny,..."
    2. State how you feel. "I feel sad..."
    3. State why you feel that way. "Because you got in front of me in line..."
    4. State what you want them to do. "I want you to say you are sorry and get in back of me."
- Report the incident to the nearest adult even if it didn't happen to you;
- Be aware of and avoid dangerous people and places;
- Don't lose your temper;
- Walk tall with confidence. Bullies are less likely to pick on someone with good self-esteem; and
- Ignore the bullying behavior, and keep walking.

### **HOW TO TALK ABOUT AND ADDRESS BULLYING AT HOME:**

Parents, school staff, and other caring adults have a role to play in preventing bullying. We can:

- Help kids understand bullying. Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behaviors.
- Model how to treat others with kindness and respect. Teach your kids to treat others as they would want to be treated.
- Adhere to social media regulations preventing children under 13 from setting up their own profiles. The National Children's Bureau reports that almost half of parents with pre-teen children have set up a Facebook account on their behalf. Social media can be VERY dangerous!
- Make good use of parental control settings on your television and computer.

### **WHAT VINELAND IS DOING TO PREVENT:**

The counselors and administration work diligently on preventing bullying: We have enclosed a BULLYING INCIDENT REPORT FORM that is filled out when a student feels that he or she is being subjected to bullying. This Bullying Incident Report Form can be completed by students, parents, employees, and/or volunteers when a bullying situation is suspected. This form is submitted to Jeff Tripp, and the situation will be investigated.

Kami Johnson, guidance counselor, visits each classroom on a monthly basis to address character education including being respectful, responsible, and other character traits.

Further information can be found on [www.stopbullying.gov](http://www.stopbullying.gov).

**BULLYING INCIDENT REPORT FORM**

Date Filed: \_\_\_\_\_ Your Name\*: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Indicate the appropriate response to the following with a check mark(s):

• You are a:  Student  Parent  Employee  Volunteer

Date(s) of alleged bullying: \_\_\_\_\_

Name of student(s) subjected to bullying: \_\_\_\_\_

Person(s) alleged to have committed the bullying or harassment: \_\_\_\_\_

\_\_\_\_\_

Summarize the incident(s) or occurrence(s) of bullying as accurately as possible. Attach additional sheets or use back side of the form, if necessary.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Names of Witnesses: \_\_\_\_\_

Have you reported this to anyone else:  Yes  No. If so, who? \_\_\_\_\_

\*Signature of Complainant \_\_\_\_\_

**\*Students have the right to complete this form anonymously. However, it will be easier for the District to investigate this matter if as much information as possible is provided. Submission of a good faith complaint or report of bullying or harassment will not affect the complainant or reporter's future employment, grades, learning, or working environment. A complainant that falsely accuses someone will be subject to disciplinary action.**

*This Section is for use of District Administration*

Date Received by Principal: \_\_\_\_\_

Investigative Action taken: \_\_\_\_\_

Result of Investigation/Action taken: \_\_\_\_\_

Signature of Principal: \_\_\_\_\_