

Alvarado Anti-Bullying Policy Student Version

If you want to be happy, practice compassion.” -Dalai Lama

Our school is a community of kindness, empathy, and inclusiveness. All students need to get along and be friendly, whether or not they are actually friends. We all show respect for the feelings and needs of others.

How Our School Responds to Incidents of Bullying

We are committed to a culture where we have kindness, empathy, and inclusiveness. We see bullying and harassment as obstacles to realizing our values for how we all get along. The following part of this policy describes our roles in responding to bullying and in supporting the culture of Alvarado School.

If you are being bullied: Tell any adult you trust if you need help. We want you to be safe, first and foremost. Bullying will not be tolerated.

Here are things that students can do to keep our school bully-free:

- **Be kind to all students.** Never bother or bully another student or be a bully-follower.
- **Think how other students might view your actions or words.** It is not okay to say “only kidding” after you have teased or bullied another student.
- **If you see bullying, be a friend** to the student that is being bullied. Ask the bully to stop or immediately find an adult if you cannot stop the bullying yourself.
- **If you are bullied by other students, stand up for yourself and speak out!** Do not give your power away and become a victim. Remember that you have the right to respect and ask students to stop.
- **If the bullying continues, seek help.** Our school encourages you to tell any adult on campus that you trust.
- **Talk the same on your cell phone or online** to others as you would face to face. Remember that talking badly about your friends is a form of bullying. If you wouldn't say it F2F, don't say it online, on the phone, or to anyone else.
- **Solution Teams:** Our school takes a problem-solving approach to bullying. Sometimes we bring together a Solution Team of students in your grade and ask them to solve the bullying. Many Solution Teams have successfully stopped the bullying after one or two meetings without punishing anybody.
- **Never take revenge** or ask someone to strike back against a student that has reported bullying.

Remember to SHINE!

Stand up to put-downs

Help those who are being bullied

Inform adults when I need to

Never use my computer or cell phone to hurt others

Encourage my friends to stand up to bullying too.

What we mean by bullying

Bullying occurs when a student, or group of students, attempts to take power over another student. Often bullying is repeated, where students fall into the roles of **bully** (the student who is bullying), **bully-follower** (a student who goes along with the bully), **target** (the student who is being bullied) and **bystander** (a student who sees bullying but does nothing to stop it). The main ways in which bullying happens are:

- Physical bullying:** when a student uses physical force to hurt another student by hitting, punching, pushing, pantsing, shoving, kicking, spitting, pinching, getting in their way, or holding them down. It is also bullying to interfere with another student's belongings, to take or break their possessions, and to demand or steal money.
- Verbal bullying:** when a student directs words at another student with the intention of putting them down or humiliating them. This includes threatening, taunting, intimidating, shouting, insulting, sarcasm, name-calling, teasing, put-downs and ridiculing. It is also verbal bullying when a student uses hostile gestures towards another student, such as making faces, staring, giving the evil eye, and eye rolling.
- Relational bullying:** when a student influences another student's friendships and relationships through deliberately leaving them out, spreading gossip and rumors about them, whispering, giving them the silent treatment, ostracizing or scape-goating. This also includes writing words or creating cartoons, posters or drawings about another student designed to hurt or humiliate that student.
- Cyber bullying** refers to the use of mobile phones, text messages, e-mails, instant messaging, chatrooms, web blogs and social networking sites to bully another student in any of the ways described above. Examples of cyber bullying are sending threatening or insulting messages by phone and e-mail, posting untrue information or embarrassing pictures about another student on message boards, blogs or social networking sites such as MySpace or Facebook, using another student's email address or IM name to send messages that make the student look bad, creating a web page devoted to putting down another student, forwarding a text-message or e-mail that was meant for your eyes only.