

Bullying Prevention Newsletter

Respect Yourself & Respect Others *Bullying: What Students Need to Know*

Township High School District 211



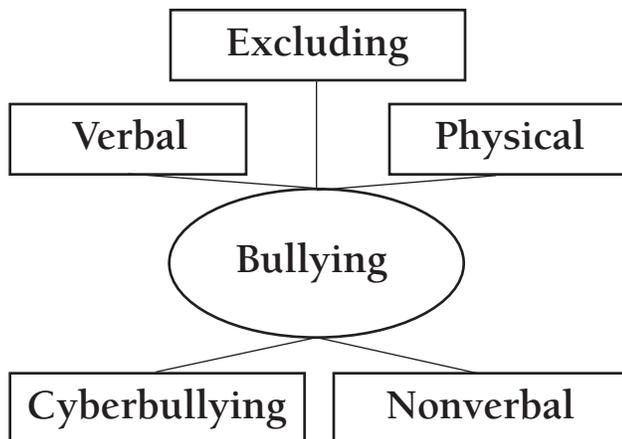
For Students of Academy-North

Volume 1, Issue 2

February 2012

What is Bullying?

Bullying refers to intentional attempts to inflict physical hurt and/or psychological distress on one or more victims. The bully is physically or psychologically stronger than the victim.



Everyone has the right to feel safe in their school and community and you can help. You have the power to put an end to bullying behavior. Don't stand by, stand up. By being an Upstander, you are actively sending the message to the bully that it is not acceptable.

STEP UP SO OTHERS WON'T GET STEPPED ON!

If you have experienced or witnessed bullying, make an anonymous report by calling 847/755-6700 or by using the following link: http://www.academy-north.org/index.php?option=com_forme&Itemid=88

WE NEED EVERYONE'S HELP!

And the Survey Says...

Academy-North students report that they often would rather confront a bully than approach a staff member when they witness a peer being bullied. Staff continue to encourage students to seek staff support rather than feeling they have to handle bullying on their own.

"I would stand up for my friends if they were being bullied but I wouldn't go to a teacher. Most kids won't tell a teacher."

"If a close friend gets bullied, I'd tell the bullies to quit it."

"Students are scared to report bullying to staff because they think the bullies will retaliate."

"I would tell the bully to stop. If I feel like the bullied student is in the middle of an unsafe situation, I'd let a staff member know."



What to do When You See Someone Being Bullied:

Be aware of bullying. It's not just physical. It can be social, verbal and cyber as well. There's a fine line between words and wounds.

Speak up. Be an Upstander, not a Bystander. If you feel safe, tell the person to stop. Tell the bully that what they're doing is wrong. You have an opinion too, and it matters more than you think. Report the incident to an adult immediately.

Encourage bystanders to get involved as a group. If you do not feel safe saying something, walk away and get others to do the same. If you walk away and do not join in, you have taken the bully's audience and power away. Show the bully and the victim that you don't accept this behavior. Report the incident to an adult immediately.

The Student Voice ...

District 211 students were asked through the 2010-11 survey about bullying. Here are some comments from students:

"I think that it's getting out of hand, and students/adults need to do something about it. You never know how one word could hurt someone; they might not even be alive the next day. I'm just saying that people need to think before they say it."

"Students do not often report bullying. It must be emphasized that bullying is cruel and unacceptable and that it is okay to report it. Students would be more likely to report bullying if students got in trouble for bullying and if it was shown that it shows a sign of character to stand up against and report bullying."

Look for more student responses in the next issue of the Student Newsletter...

What to do if You are Being Bullied:

Tell the bully to stop and walk away.

If you walk away or ignore them, they lose the power and control they are trying to achieve. You gain the upper hand.

Tell your parent or a staff member.

Talking to someone could help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop. When you report, you are helping yourself and others from being bullied by this same student.

Find a safe place. Go somewhere that you feel safe and secure like the library, a favorite teacher's classroom, or the office.

Stick together. Stay with a group or individuals that you trust.

Protect yourself. Sometimes you cannot walk away. If you are being physically hurt, protect yourself so that you can get away and find a safe place.

What Happens to Bullies?

Students determined to have been involved in bullying may face disciplinary consequences up to and including a recommendation of expulsion, as well as possible referral to the police consultant for criminal offenses.

RESOURCES

<http://stopbullyingnow.hrsa.gov>

<http://www.cyberbully.org>

http://www.bullyfreealberta.ca/pdf/CS_Teen_FS.pdf