

# Bullying Prevention Newsletter

## Summary of the Essential Details Students Need to Know

Township High School District 211



For Students of Academy-North

Volume 1, Issue 4

June 2012

### Be Aware of Bullying

We hear the term “bullying” every day. It is defined as 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. Here are just a few examples of what it is:

- Making repetitive harassing or offensive statements toward another peer.
- Treating others in a rude manner in person, through text or Internet with an attempt to hold power over that person.
- Spreading or posting altered photos of an individual in an effort to embarrass or humiliate him or her.
- Intentionally isolating someone from a group or activity.
- Starting or continuing harmful rumors about a classmate.

### What Can I do as a Bystander?

- **Listen to those around you.** If you wouldn't want it said to you, then don't tolerate it being said to someone else. This means thinking about how you would feel if you heard someone saying something awful to your younger sibling or your best friend.
- **Be a voice for those who do not have one.** If a peer does not respond to the harsh words of others, it doesn't make the words ok. Your verbal and non-verbal responses can make all the difference.
- **Show you care.** Approach the victim and ask him/her to take a walk with you. Explain that you disagree with the way he/she was being treated. Tell the victim you do not agree with the bully.
- **Report the incident to an adult.** Do not assume someone else will report the behavior. By telling a staff member or reporting it on the **Safety Concern Link**, the behavior can be stopped. It is better for the behavior to be reported multiple times than not at all.

### Common Myths About Bullying:

- It does not happen in our school.
- Kids have to learn to stand up for themselves in life: being bullied is character-forming.
- It was just for fun, no harm was done.
- Kids will be kids.
- They were asking for it. They got what they deserved.
- Bullies are thick kids from dysfunctional families picking on academic, nerdy kids with glasses.
- Kids grow out of this type of behavior.

**Examples of Bullying:**

Exclusion    Harassment    Teasing    Cyber-bullying    Intimidation    Public Humiliation    Name Calling    Retaliation    Theft    PHYSICAL VIOLENCE    THREATS

### STEP UP SO OTHERS WON'T GET STEPPED ON!

Reports can be made anonymously to report bullying that you have experienced or witnessed by calling 847/755-6700 or by using the following link: [http://www.academy-north.org/index.php?option=com\\_forme&Itemid=88](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 are often perceived as the bullies themselves; however, they offered interesting insight on their personal experiences being bullied and the repercussions of peer to peer aggression. Academy-North students and staff have observed an increase in cyber-bullying this school year. Issues have stemmed from online interactions leading to many conflicts between students. Peer reports indicate that students often feel it is easier to bully others online because there is no direct contact with the peer. Here is what some Academy-North students have reported:

*“Most of the time cyberbullies are weak. Facebook is the new thing to show you are tough but in reality they are not. If they said that stuff to the person’s face they’d usually get beat up.”*

*“Bullying is happening on Facebook. It happens a lot. It’s easier to confront people online than face to face. It’s equally as harmful as face-to-face bullying. It can lead to the same consequences.”*

Help Academy-North be the best it can be. Be responsible, don’t hide behind a computer screen or a cell phone. Be respectful, treat others the way you want to be treated. Avoid on-line discussions that can bring harm or are hurtful to others.



## What are school consequences for bullying?

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 for Students

<http://www.deletecyberbullying.org/scholarship/>  
This link provides an opportunity for students to apply for a \$1,500 educational scholarship by responding to the importance of eliminating cyber-bullying as well as describing how cyber-bullying has affected you.

<http://www.standforthesilent.com>

This site was founded by Kirk and Lisa Smalley, parents of Ty Smalley, who had been a victim of bullying. They are encouraging teens to recognize that everybody is important and deserving of respect and kindness.

<http://www.stopbullying.gov/>

This site offers numerous resources to teach about bullying and to help put an end to it. Video links are available for children, teens, and adults.

**Think before you click!**  
**If you wouldn't say it to their face,**  
**Don't say it on-line.**  
**Delete Cyber-Bullying!**



The documentary **Bully** came out in theaters on March 30th. The movie reviews how bullying impacted the lives of 5 teens who have experienced bullying. Every student, parent and educator should see this movie. Please, check out the trailer and look for local movie times in the area.

**Check out the trailer:**  
<http://www.youtube.com/watch?v=jQV4HHmuRv4>